

T H E

NEW FILLMORE

Volume 4

Number 12
April 1990



Pigeons at Kimbell playground, Geary & Steiner

—Photo by Ginny Lindsay

- ▶ WAPAC revived
- ▶ Reading the fine print
- ▶ Cherry blossom time



Mayor's Message for the Neighborhood

by
Mayor Art Agnos

Beyond homelessness

Of all the multitude of unsolved problems facing America's cities, three problems in particular are so severe that they sometimes seem beyond our control.

I'm talking about AIDS, crack cocaine and homelessness.

Here in San Francisco, we have created a national model for the care and treatment of people with AIDS, and for the education of those not yet infected.

But this much-admired "San Francisco model" is itself beginning to collapse in the face of increased infections, a shortage of funds, and burnout among the legions of volunteers who make our standard of care possible.

And while we will continue to press for more funding and improved care, ultimately it is medical science, not local government, that holds the key.

Much like AIDS, crack cocaine is also an epidemic, decimating our cities and destroying thousands of young lives in their prime.

The drug problem runs deep. Its ravages are felt at the local level, but the underlying issues are national and even international in scope.

Nonetheless, we are working hard to combat crack at the local level, through a combination of increased law enforcement and innovative programs aimed at the young people on whom the crack dealers prey.

No one has a successful working model

to guide us in this fight. We are experimenting with several pilot projects, and as we see what works, we will expand those programs citywide.

Homelessness, however, is a different story completely.

I know how to solve the homeless problem as we see it today on the streets of San Francisco.

This is not to say that I can do much about the root problems that create homelessness—poverty, unemployment, lack of affordable housing, alcoholism, drug abuse, mental illness and the break-up of families.

I can't solve those problems.

What I can do—what we can and must do as a humane and economically strong city—is take the people suffering from these problems and move them under a roof.

The means for accomplishing this goal is not mysterious. It's a simple matter of money.

Last summer I published a blueprint for ending homelessness in San Francisco. This 170-page report, entitled "Beyond Shelter," has been hailed as a national model for grappling with the homeless problem.

The plan calls for an across-the-boards approach to homelessness—everything from saving existing low-income housing to building extensive new permanent housing in cooperation with non-

profit developers.

At the heart of this plan are two multi-service centers and shelters, which would serve as an intake point, a safe haven off the streets, and an entryway into a wide array of social services and long-term housing solutions.

At the other end of these shelters are job training, drug and alcohol programs, counseling, longer-term transitional housing programs, and a new generation of clean, safe, tenant-managed, single-room-occupancy hotels.

This plan has been exhaustively studied. It's been unanimously praised. And despite last October's earthquake—which destroyed 700 of our existing homeless hotel rooms—the plan is being implemented.

But like any tenant who is struggling to buy a first house, the main stumbling block to erecting new roofs is the lack of a down payment.

That's why I pushed so hard on the Red Cross to ensure that San Francisco got its fair share of earthquake relief donations.

The \$5.4 million the Red Cross is giving us will restore a large part of the homeless housing lost in the quake, and allow us to buy the multi-service centers and shelters at the heart of my plan.

It's the same reason I am seeking to maintain the \$15 million per year raised by two business taxes in San Francisco.

Whether you want to solve homelessness for humanitarian reasons—or just because you're offended by panhandlers and the sight of people sleeping on the streets—you have to be willing to pay a fair share for fixing the problem.

I am putting my own political capital on the line by promising to make San Francisco the first major American city to end sleeping on the streets as a commonplace occurrence, within a year, if given the resources to do it.

Some people have raised the concern that I intend to solve the problem with police sweeps and coercion. Nothing could be further from the truth.

Unlike Ronald Reagan, who claimed that people are homeless because they want to be, I believe that the great majority of homeless people want to improve their lives and return from the living hell of the homeless. They will respond to a decent and humane alternative.

A few won't. But if we can make a difference for 90 percent, or even 80 percent, let's do it now—and then figure out how to solve what remains.

We don't have to have people sleeping on our streets.

We have a choice. Please join me in making it possible.

We provide this forum for Mayor Agnos so neighborhood residents will have an opportunity to hear directly from the Mayor on important matters affecting the city. We do not, however, necessarily concur with his opinions and encourage neighbors to share theirs by letter if they should feel so moved.

Count
for
Something!

Answer
the
Census!

CENSUS '90



GROCERY SPECIALS

BONNIE HUBBARD BATH TISSUE

White, Beige, Yellow, 2 Ply, 4 Roll

99¢

4/\$1

99¢

JIFFY

Corn Muffin Mix, 8.5 oz., Buttermilk Biscuit Mix, 8 oz.

6 Pk., Reg. or Sourdough

DEL MONTE

Tomato Sauce, Tomato Sauce NSA, 8 oz.

DEL MONTE STEWED TOMATOES

Assorted Varieties, 14.5 oz.

4/89¢

49¢

ALL SPECIALS IN ALL DEPARTMENTS EFFECTIVE THROUGH APRIL 1
WE RESERVE THE RIGHT TO MAKE CORRECTIONS.

VIGLIZZIO DELI

BARBEQUE CHICKEN
HOMEMADE LASAGNA
SUPER SANDWICHES
ASK ABOUT OUR CATERING

FRESH PRODUCE

ASPARAGUS

TENDER,
LONG GREEN, NO WASTE



79¢
LB.

TOMATOES

MEDIUM, SALAD SIZE

79¢
LB.



CORN

NEW SPRING CROP

4/99¢



ARTICHOKE

GROWN LOCALLY,
LARGE 24 SIZE

79¢
EA.



GRAND CENTRAL FISH & POULTRY

TURKEY BREAST

FRESH, LB.

2.49

NORWEGIAN SMOKED SALMON

SLICED, LB.

17.99

MARINATED CATFISH

CAJUN STYLE, LB.

5.99

ENRICO'S MEATS

FRESH PORK SPARERIBS

SMALL MEATY ONES, LB.

1.49

FLANK STEAK

DELICIOUS IN SO MANY WAYS, LB.

3.49

VEAL SHANK OSSO BUCCO

TRULY DELICIOUS, LB.

1.89

GRAND CENTRAL

2435 CALIFORNIA STREET

OPEN: Mon.-Sat. 9 a.m.-7 p.m., Sun 9:30 a.m.- 6 p.m.
Plenty of free parking!

Community news briefs and not-so-briefs

Mt. Zion & UC San Francisco merger is a done deal

The Board of Directors of Mount Zion Hospital and Medical Center have approved the proposed integration of Mount Zion and The Medical Center at UC San Francisco.

The integration, which was approved by the UC Board of Regents at its meeting in Los Angeles Friday March 16, will become effective on or about April 1, 1990, at which time title to certain property will be conveyed to the University. The agreement is for UCSF to continue to operate Mount Zion as a general, acute care hospital with teaching, community service and research programs.

As of July 1, 1990, the University will assume full responsibility for the governance and operation of Mount Zion, and Mount Zion regular employees will become UCSF employees. The name will be "Mount Zion Hospital and Medical Center of the University of California, San Francisco."

The integration proposal is an outgrowth of a May 31, 1988 Letter of Intent, which set the framework for the efforts of Mount Zion and UCSF to solidify and broaden relationships they had begun in

December, 1984. According to David H. Melnick, Chairman, Mount Zion Board of Directors, and UCSF Chancellor Julius R. Krevans, MD, the integration will meet the needs of both institutions and will enhance their mutual patient care, teaching and research activities.

The merger of the two institutions was considered essential by many to the survival of Mt. Zion, which faced increasing economic and competitive pressure as a stand-alone facility.

The merger caps a decades long relationship of joint programs between the

two institutions.

News of the merger however was not warmly received at a WANA meeting earlier this month where fears and concerns were raised regarding the possibly increased use of Mt. Zion by UCSF for bi-

Continued on page 12



Goodwill staffers give a warm greeting to the expected mob scene at the ribbon cutting for the new facility for their Fillmore Street Store, which is now at the corner of Post.

Goodwill moves down to Fillmore and Post

A long time fixture on Fillmore Street between California & Pine, Goodwill last month moved to far more spacious quarters when it occupied the old Bank of America branch site at 1700 Fillmore Street, at the corner of Post.

The new 3800 square foot facility is 30

per cent larger than their old space, and is in keeping with Goodwill's efforts to upgrade the ambiance of their stores. All the fixtures and furnishings are new and light pours in through spacious windows on Post and Fillmore Streets.

"We're getting away from the old

grungy thrift store image," said Goodwill assistant marketing & operations director Terry Fitzpatrick. "This store is going to be a pleasant place to shop."

Long lines waited outside for the grand opening Thursday, March 22, in the Goodwill tradition.

San Francisco Film Festival at Kabuki rolled over to end of April

The San Francisco Film Society will present the 33rd San Francisco International Film Festival, the oldest such event in North America, from April 30 through May 13, 1990. The Festival, usually held in March, was rescheduled this year because of earthquake damage to Film Society offices.

"Although our preparations for the upcoming season were disrupted for two months by the earthquake," notes Festival Director Peter Scarlet, "we're pleased that the date change will enable us to

invite films premiered at the Berlin Film Festival in February. Normally, we have to finalize our program in January, and we miss out on films unveiled at Berlin. This year among other promising new works, a wealth of long-banned films from Czechoslovakia and East Germany will be shown at Berlin, so our Festival's delay has a "silver lining" that will certainly benefit the program."

Films from 27 countries and 5 continents are already scheduled, including a notable number of top prize winners from other festivals around the world.

"A City of Sadness," directed by Hou Hsiao-Hsien, won the 1989 Venice film Festival's Golden Lion for its vivid, boldly controversial depiction of Taiwan in the mid-'40s, torn by the retreat of the Japanese occupation, the Communist take-over of the mainland and the oppressive ascendancy of Chiang Kai-Shek.

Contents

Art.....	10
Beauty.....	13
Books.....	19
Calendar.....	14
Crime Watch.....	4
Fiction.....	21
Film.....	11
Finance.....	13
Great Houses.....	27
Mayor.....	2
Nutrition.....	16
Poetry.....	6
Video.....	11

The New Fillmore

The New Fillmore is published monthly from Box 343 2443 Fillmore Street, San Francisco, CA 94115. Tel. 931-0515. (You should see the size of the box!) We warmly welcome articles, fiction, poetry, photography, etc. on subjects about the neighborhood, or written by neighborhood residents. David Ish, Editor and Publisher, Kristine Fox, Assistant Editor, Ginny Lindsay Design and Production. 17,500 Copies distributed from Van Ness to Presidio and Geary to Vallejo. A member of the San Francisco Neighborhood Newspaper Association.

Spreckels savers to be heard April 12

Supporters -- and detractors -- of the Spreckels mansion achieving landmark status will have a chance to present their views to the Economic and Social Policy Committee of the Board of Supervisors Thursday, April 12 at 9 am at room 228 in City Hall. It is the final public hearing.

Experience Easter like never before, with tempting tablesettings from ...



fillamento

2185 fillmore street • san francisco ca 94115 • 415.931.2224



PACIFIC HEIGHTS CHEVRON

Car Care Tips

by Jane Clinton

When inflation's good for you!
With the price of all things rising what is still free—air—all it costs is time.

Why take time to check the air in your tires?

Proper inflation saves gasoline

Properly inflated tires roll easier on the road. Under inflated tires make the engine work harder and use more gas. According to the Tire Industry Safety Council if all vehicles on the road operated at proper inflation 800 million gallons of gasoline could be saved a year. Half of the cars on the highway have at least one under inflated tire.

Proper inflation saves tires

Improper inflation causes premature tread wear and causes the nation's consumers to discard from 240-260 million tires annually. Not an easy thing to dispose of.

Proper inflation makes driving safer

Properly inflated tires not only help provide maximum traction and handling safety under all driving conditions they run cooler too (heat build up shortens tire life). Uneven pressure in any tire can cause uneven braking.

When the temperature drops

When the temperature drops so does tire inflation pressure. For every 10 degree drop in temperature, tire inflation pressure drops one pound. A tire inflated at 28 psi at 70 degrees will automatically drop to 24 psi on a chilly 26 degree morning. Just this 4 pound loss can reduce tread life by 10%.

You can't tell by looking at radials

Radial tires look underinflated even when they are not. Because "radial bulge" is normal and does not noticeably change when seriously under inflated, you may become used to the "soft look" and fail to check and add air when needed.

What is proper inflation

The proper inflation for most vehicles is given in the owners manual and is usually supplied on a sticker affixed to a door jam or glove compartment. In all cases, never inflate beyond maximum pressure as molded into the sidewall of the tire. If you are carrying a heavy load, trunk full and four passengers you need the maximum pressure. If you are driving with an empty trunk and no passengers check the owners manual for correct pressure. Never exceed maximum load.

Environmentally

Tires have a bigger impact on the environment than you might think. By maintaining them properly, you help conserve the energy and resources that would go into making new ones, prevent the pollution generated by tire production, save gasoline, and reduce the problems created when we throw them away. They are bulky, don't decompose, and provide places for mosquitoes to breed. So, stay pumped up and drive right!



PACIFIC
HEIGHTS
CHEVRON
*featuring quality
Atlas products*

California at Steiner
Phone for appointment: 567-1136

Special for the month of April:

Tire Rotation

\$10.50

With this coupon

Expires April 30, 1990



Crime Watch

by
Captain Martel (Northern Station)

Dennis Martel is Captain of Northern Police Station

Neighborhood Crime Statistics

From Van Ness to Presidio, and Geary to Vallejo

	1989	1990
Homicide	0	0
Rape	0	0
Robbery	5	13
Assault	16	21
Burglary	38	31
Theft	94	43
Auto theft	25	25
Total	178	133

From the files

Simulated gun nets car

March 11, 4:30 pm, Steiner at Washington

While sitting in her car with the door open, the victim was approached by two men. One of the men said "I don't want to shoot you, get out of the car." He motioned that he had a gun in his pocket,

in fact it was his hand, the other suspect grabbed the victim's purse and took her keys and the two fled in the victim's car, north on Steiner.

Suspect one is a black male, 28-30 yrs old, 5'10, 175 lbs, black hair, brown eyes, wearing a dark blue sweatshirt or jacket and blue jeans

Suspect two is a black male, 28-30 yrs old, 5'10, 175 lbs, long face, receding hair line, dark jacket, blue jeans.

Attempted strongarm

March 14, 6:15 pm, 1860 Jackson

The victim was placing her key into the entrance of her apartment when she observed the suspect standing by the mailboxes. He entered the building behind her and then followed her into the elevator. Before the door closed the suspect grabbed the victim's purse and fled.

The suspect is a black male, 30-40 yrs old, 5'11, slim, wearing a maroon ski hat, a waist length maroon jacket and dark pants.

Bare bandit

March 16, 2:58 pm, 2216 & 2200 Fillmore

The suspect, who had no clothing on, broke the front store window of Body Options and then threatened an employee at D&M Liquor by waving a broken champagne bottle at him. The suspect was arrested.

AUTOBODY WORK

Complete autobody repair services for all types of cars, both domestic and foreign.

Insurance work welcomed.

Les
Matsumura

UPTOWN
GARAGE

2255 Bush St.
931-2800



UCSF jazz concert

UCSF Arts and Lectures presents cabaret/jazz vocalist Faith Winthrop on Friday, April 27th, 8 pm, at the UCSF Laurel Heights Auditorium, 3333 California Street near Presidio in San Francisco. Tickets are \$10 general and discounts for students, seniors and disabled with a special \$3 price for children under 14. You can order tickets in advance by phone at 476-2035 or buy them at the Millberry Union Central Desk, 500 Parnassus or at the door. The box office opens at 7 pm.

Faith Winthrop began singing professionally in Boston in 1953, then launched her West Coast career as singer-in-residence at the legendary hungry i.

GROWTH!

- Business Development
- Planning and Analysis
- Marketing Strategies

RHONDA M. ABRAMS
MANAGEMENT CONSULTANT

(415) 567-5104

FILLMORE HARDWARE

- Housewares
- Window shades
- Plumbing
- Electrical
- Paints
- Lumber
- Keys

1930 FILLMORE ST
346-5240

VONDERCAR

COLLISION REPAIR CENTER
Specialists in restoring Porches, Mercedes, BMWs,
and other fine European cars.



YOUR CAR RETURNED TO ITS FORMER BEAUTY!

Hours
Monday through Friday
7:30 am to 6:00 pm

Free Insurance Estimates

885-5325

1545 Pine Street San Francisco

Open
Saturday
9:30 am to 1:30 pm

Community in the community: the revival of WAPAC

WAPAC group is getting back on track

WAPAC, a confrontational-cum-radical Western Addition neighborhood group of the 70s which got de-funded and defunct in 1984, has been recently resurrected in a somewhat more mellow form as a grass roots group grappling with a number of community issues and raising some hell with both the Redevelopment Agency and the Housing Authority overaffirmativeaction programs.

WAPAC's chief perpetrator is one cheerful, energetic and doggedly persistent Ace Washington, who over the past couple of years has caromed off and bounced back on one institution and agency after another in a free lance civics lesson on how to engage issues and enlist constituencies.

WAPAC's re-emergence began back in the fall of 1987, when Ace, who was born on California Street between Webster and Buchanan, moved back into the neighborhood and started looking for a job. A contract painter, Ace came across a construction site in the Redevelopment area being manned exclusively by Asian workers and thus apparently out of compliance with redevelopment requirements that 50 per cent of all construction workers come from neighborhood residents. Ace brought this matter to the Ella Hill Hutch Community Center, which was under contract with Redevelopment to provide job training for neighborhood residents so that contractors could be provided with a qualified pool of construction workers. The coordinator at Hutch said an intervention by the center would be inappropriate, but rather than taking the matter up with Redevelopment, which had an affirmative action officer, he encouraged Ace to organize a community group and raise a little hell on his own. Ace succeeded with some others in pulling a group together. The WAPAC mantle, which had fallen from the old group some time after they were de-funded in 1984 and stopped filing their Sacramento paperwork, was picked up and dusted off, and protests were made directly to the contractor, not only for being out of compliance with affirmative action, but against racial slurs which had emerged in the dispute. Ace was hired as a result of this, for all of one week, then discharged after he protested to the Redevelopment agency because the contractor was holding his pay up over Thanksgiving weekend. Redevelopment backed off any support because the construction project itself was the subject of a lawsuit by another group of neighborhood residents on discriminatory housing issues.

But out of this small tangle, WAPAC had been reborn, with an acting board created with Randall Evans as president and Ace as secretary. It reactivated the paperwork relationship with Sacramento and began meeting weekly at the Ella Hill Hutch Center.

During the first half of 1988 WAPAC focused on compliance with minority hiring practices at the Fillmore Center, amidst protests from the Redevelopment Agency that they were not a legally constituted body with an elected board, and complaints from Ella Hill Hutch that they were duplicating services the center was already providing the community. Nonetheless, although they stopped meeting at the Hutch Center, WAPAC carried on, amongst other things intervening with The Fillmore Center on behalf of P&K trucking in July to speed up \$60,000 worth of cash flow that had slowed to sixty days. They also participated in the Mayor's Drug Symposium in June of '88 when crack was running rampant in the projects, and began to



Members of and consultants to WAPAC's board: left to right, Rick Graham, economic development specialist, Betty Cobbs, board member, Ernie Merriweather, consultant, Ace Washington, executive director, Anita Price, secretary, Margaret Verges, board member, Kathryn Nelson, treasurer.

formulate their own drug rehab concept.

Things got a little quiet over the summer when Ace was hired by the democratic party for three months as a field organizer for the Dukakis campaign. Then in November WAPAC started a food program with Safeway, when the manager of the store at Webster and Geary agreed to let them distribute unsold pastries eggs and bread from the store to residents in need. The Fillmore Center, in a gesture that would have been considered magnanimous in light of WAPAC's hammering on them for P&K and affirmative action issues, kicked in \$300 to round out the menu.

The food program took an interesting turn when one of Safeway's employees purportedly identified himself as a Klan member and started ragging on Ace with racial remarks. It was so far over the line Ace insisted on and got a meeting with Safeway's store and regional managers, the employee, his union rep, the Webster Street store's head of security, and representatives of the NAACP and The Rainbow Coalition. As an amends maker, Safeway opened up four other of their stores in the region to the food program, which allowed WAPAC to broaden its distribution. This arrangement continued until shortly after the earthquake when Safeway had reason and need to divert food donations elsewhere at a time when Ace was also asking for a more nutritionally balanced slice of the pie than bread, pastry and eggs. He was suddenly accused of stealing a box of cookies from the store and made persona non grata in a meeting with Safeway's regional and store manager and the store security chief. While Ace has asked Safeway to commit their complaint to writing they have yet to do so, and the food program languishes.

Safeway maintains however that they did have store security problems with Ace's methods in liberating food from the store and generally in dealing with the extreme informality of WAPAC in its present incarnation. The store also raises issues as to the monitoring of food delivery to make sure it is going to the people it's supposed to. The company prefers dealing with established organizations such as the San Francisco Food Bank, and points out that WAPAC can apply to the SF Food bank for food distribution, thereby continuing to receive food from Safeway and other donors.

Last year WAPAC went after the Buchanan Street YMCA for non-compliance on their contract hiring for their renovation, a picketing process that earned Ace a trespass charge and a brief stint in the hoosegow. The Y however saw to it that WAPAC was kept informed

in writing about it's contractors arrangements with minority subcontractors. In May of '89 when The Fillmore Center was undergoing ownership transition arising out of its financial difficulties WAPAC was partially responsible for creating enough pressure to bring the Redevelopment Agency, normally an agency largely only self accountable, to an accounting of its goings on with The Fillmore Center to the Board of Supervisors.

Recently WAPAC has organized getting kids some part time work cleaning up the street and lots for Fillmore Center contractors, and for decorating the street at Christmas time for the Fillmore Street Merchants. It has also focused its attention on the reconstruction of the Westside Court Housing Authority project near Divisadero, and the compliance of the contractor there with affirmative action hiring.

WAPAC's ongoing grass roots wrangle with the Housing Authority has gotten the attention of HUD who formerly noticed the Authority in a letter last December that they must show written evidence of compliance with affirmative action guidelines by April 1. The fact that HUD has given the Authority five months to respond seems to be at least an implication of some suspicion on HUD's part that the Housing Authority might not exactly be on top of the situation.

WAPAC's affirmative action complaints, along with complaints about maintenance in the projects resulted in a confrontational meeting last month between David Gilmore, the Authority's

relatively new director and Supervisor Wendy Nelder at a meeting of the Board of Supervisors. An outgrowth of that heated exchange was a hot line to be set up by WAPAC for Nelder's office to refer tenant maintenance complaints directly to the Housing Authority. Gilmore promised he would give tenant complaints his immediate attention.

Despite exactly zero funding since it's reincarnation, WAPAC's plate remains full of projects, hopes for justice, setbacks, and enthusiasm. WAPAC is seeking funding for a drug program and a child care program, would like to get the food program restarted, and of course would like to continue to keep the heat on Redevelopment and City Hall. Meanwhile, Ace is still looking for a job. However, he faces a dilemma if he succeeds in getting one. Any job will take him off the street and cut down on his availability for grass roots organizing. His employment means he will have less time to find employment for his neighbors. And if he gets the position he has sometimes sought with the Housing Authority or Redevelopment or The Fillmore Center as an affirmative action compliance functionary, a position he has been doing de facto for no wages for the last two years, it will place him in a position where he will have a conflict of interest between whoever employs him and the neighborhood at large. Meanwhile the burden of supporting his family is carried by his working wife. Hey, can anybody out there use a painting contractor part time?

—David Ish



WAPAC's exec direc. himself--the smiling Ace Washington

Letters to the Editor

Dear Editor,

As a merchant here on Fillmore Street, and as president of The Fillmore Merchants, I'm writing because I'm very concerned about Mayor Agno's desire to extend the temporary tax of \$200 per business.

Two years ago business taxes were increased as a temporary measure to help with the apparent \$179 million budget deficit. It is time for Mayor Agnos to rescind these tax increases as promised.

However, Mayor Agnos is now proposing to continue these business taxes to help pay for his homeless program. The logic used is that the earthquake has strained the city's budget and so the business taxes need to be continued.

This logic is flawed. Merchants are concerned, as is everyone, about the homeless problem, but The Mayor should trim his burgeoning bureaucracy instead of retaining the business tax increases. Since Agnos took office two years ago, approximately 1100 new positions have been added to the city payroll. Have our services increased? If City Hall would scrutinize its staffing, there would be no problem in finding the funds necessary for the homeless program.

Throughout the city, businesses were heavily damaged by the earthquake and most losses are not covered by FEMA or the Red Cross. Some compassion should be shown for businesses because without their health, the city is not healthy.

Rory Ward
Rory's Twisted Scoop

Dear Editor,

We appreciate the ample coverage by Erin McNeill of the February 21 meeting of the Western Addition Neighborhood Association with Housing Authority Director David Gilmore as primary speaker. We do find Cleola Richardson's

comments that "she was not happy with WANA when she attended a meeting about two years ago" a rather precarious judgement. WANA has had approximately eight meetings per year for the last ten years and have entertained numerous topics and many speakers.

As for "working together," I called Mrs. Richardson at least a week before the meeting and she failed to return my call. Also, we mailed a flyer to the office of Westside Court, although normally we mail only to paid members. Approximately 250 flyers are posted and mailed for each meeting and notices also appear in The New Fillmore. I'm not sure how many, if any one from Westside Court attended, but there were a number of the surrounding neighbors in attendance.

Mr. Gilmore was asked to speak specifically with Westside Court in mind in an effort to address problems both inside and out. Drugs should be everyone's concern and why shouldn't we be concerned about boarded up units when single mothers or anyone else need housing? Also, why shouldn't children be allowed to play in pleasant, safe, attractive surroundings even though all they can afford is public housing? The potential is there: ground, water, people (tenants). These are their homes!

Many of us would like to see conscientious people(tenants) be able to own their units with some hope for a better future for both parents and children and not have to depend on an inept Housing Authority for poor maintenance, poor security and no equity.

Westside Court personnel is welcome, as always, to attend our meetings, as is anyone else living in this neighborhood, and we encourage them to do so.

M.J. Staymates
Issues Chair
WANA

New Fillmore Poet's Corner

April Fool

Between absence and abstinence
I found a small stone,
white and polished by time.
It fit comfortably in my hand
and my arm wanted
to do something with it.

So I walked down the street,
past the laundry and lunch counter
to the temple of my body.
I took careful aim
at the only window
(glass stained by sin and time,
no other process).
Naturally, I threw the stone.
Unnaturally, the window
didn't break, just quietly
swallowed the rock.

--Mark Mitchell

A Ballad
about the son of man
poetically perceived as the sun of
day
revolves through the cathedral
in the Red Square Moscow USSR

Beneath dark waves
within the womb of the west
a new dawn arises
at the east side of He

a quiet intensity touching down
in a brick'd belfry that holds a monk
mad
the blessed Basil with his hunch'd
back
pushes and pulls the ancient bell-
drums
the timeless intercessor staring
behind sad Rasputin eyes

from the spires all along the slavic
watchtower
St. Elmo fires a red-orange glow
that not rivals but revels with the day
star

under stretching sky-vaults (upon
these rocks)
valleys of mosaic sun-flowers awake
springing in amber anointing streamings

Day arcs
slowly soars
reaching out
above the walls
that hold us all
prisoners in disguise

the carpenter-sun
pulling all together
many broken pieces
until that Friday noon-quake passes
the swollen
son-dome

his right side
runs still and fades

But the atlantic-Spirit

--Michael Jeffrey Virga

Mark Mitchell and Michael Jeffery Virga are both poets who live in the neighborhood. The New Fillmore has published their poetry previously.

THRIFTWAY MARKET

2174 UNION ST.
929-8800
Phone Orders
"the gourmet Super Market"

WE DELIVER
FARM FRESH PRODUCE
FULL SERVE DELI
SELECTED "FRESH" MEATS CHOICE CUTS
WE ACCEPT VISA/MC PHONE-IN ORDERS
MINIMUM ORDER \$25.00
MAIL BOX RENTALS
SERVICE IS OUR SPECIALTY!

RUG, UPHOLSTERY & DRAPERY CLEANING

SPRING CLEANING SPECIALS!

- FREE ESTIMATES
- FREE DELIVERY

A & G
Rug, Upholstery &
Drapery Cleaning
1937 Lombard
255-0687

SPECTRUM
exotic birds
(415) 922-7113
2011 fillmore st., san francisco 94115

People in the neighborhood: fine print fanatic Sally Kirshenbaum

An abiding passion for reading the fine print

Sandra Kirshenbaum is positively passionate about printing. She might sigh at the sight of a handsome M or a delicate Q. So enthralled is she with the aesthetic beauty of fine printing that an international publication was born in her basement, right next to the washer and dryer. She called it "Fine Print."

In 1975, this former librarian cleared away a corner of the basement in her Baker Street home, got out her old Underwood Number Five typewriter, and began sharing her thoughts with others who care about the finer points of making books. "There was a real hunger out there," she says.

It was her days as a cataloguer for the California Book Auction that taught her how books could be more than a source of information; that the paper, the binding, and method of printing all contributed to the beauty and value of books.

Steve Corey, Curator of Rare Books at the University of San Francisco agreed that the project held promise and offered his assistance in getting the new publication off the ground. Printers George F. Ritchie and Linnea Gentry of Grabhorn-Hoyem Press offered their services as well, and soon a small but efficient production staff was assembled.

"We had a neat little team," Kirshenbaum remembers proudly. "And of course, I'm a damn good editor."

Dipping deep into her own savings account, Kirshenbaum provided the financial backing for the first edition of Fine Print, just eight simple pages. She felt so strongly that there were enough people who really cared about fine printing that the first issue was mailed, at her own expense, to two thousand people. "We printed altogether too many of them," she realized. Despite that, she received about 200 subscription orders which was enough to keep the next four issues headed to the presses. It was also enough to make her realize that the basement of her home was no place for her new publication.

"It was dark and lousy," she says. Kirshenbaum packed up her typewriter and moved the operation to a more suitable place, the kitchen table. "My family wasn't too happy about that. My children were indentured to help do mailings which absolutely turned them off." She had hoped her two youngsters might follow in her footsteps and become publishers as well. It wasn't to be. "They quickly realized that publishing is a lot more drudgery than glory."

Soon she moved the publication to a tiny, dark office over a donut shop on Van Ness. An improvement to be sure, but the smell of donut grease wafted up through the floor of a closet where back issues were stored. "Every time we sent out a back issue, it smelled of donuts."

Today Fine Print boasts a spacious and modern office on 3rd Street in a building

occupied by others in the printing field. Neighbors include a letterpress printer and a hand bookbinder. The staff is small, just two full-time employees and three part-timers. Kirshenbaum's enthusiasm for a finely crafted binding and a well designed alphabet hasn't wavered.

What began as a mere newsletter commanding a modest 8-dollar annual fee, has become a full-fledged art journal. Today, subscribers pay 45-dollars for four bulky issues printed on archival-quality paper. With just 3700 copies printed every three months, there's no question that Fine Print serves a fairly narrow audience, but the audience it has is far-reaching. Kirshenbaum says the countries most fascinated with "the art of the book" include England, Holland, and The Netherlands.

Each issue includes a number of feature articles that may run the gamut from calligraphy to bookmaking history. Kirshenbaum solicits the views of designers, publishers, even bookbinders who contribute articles and commentaries to the publication. One of the more popular features is called "On Type," a regular article about type design and the history of typography, but Kirshenbaum considers the journal's book reviews the most essential element of the publication. Books are reviewed and considered on the basis of literature, graphic art, typography, bookbinding and papermaking.

"A book is a very complex object," says Kirshenbaum. "We look at the physical quality of the book but we also look at the marriage of literature and graphic art that occurs in a finely printed book. The books we review are the ones that successfully present literature in a housing that is physically attractive and well-made."

Today, Fine Print (subtitled 'The Review For the Arts of the Book') is published by a non-profit organization called Pro Arte Libri, which is Latin for "art of the book." As Editor-In-Chief, she still writes some of it herself, although she's retired the Underwood in favor of a Macintosh computer.

Today's computer technology has made it possible for most anyone to become a typographer, and that's something that has Kirshenbaum wringing her hands in frustration. "I could show you some totally ghastly things," she says. "Now that people have computers and have so much freedom to enlarge type and distort type, they put in all kinds of things. I find that a turnoff." She says the worst mistake designers make is one of excess; too many boxes, lines, and typeface bouncing around the page. In fact, when Kirshenbaum comes across a particularly distasteful printing design, she clips it out and saves it. "You can see really bad printing even in beautiful, expensive books." Her "bad typesetting" file contains many items created on



Printing aficionado Sally Kirshenbaum has both respect and disdain for the desktop publishing capabilities of today's personal computers.

computer. She complains that few people consider the fact that every printed character was originally designed and created by an artist.

Kirshenbaum concedes that there may be an educational process at work, and the home computer may be the teacher. Desktop publishing allows novices to experiment with various forms of type and begin to use printing terms like "font," "point," and "leading." The computer has given power to the people.

But it's the art of the book that still gives Sandra Kirshenbaum the passion for her work. She's accumulated an impressive collection, some with intricately folded pages, unusual inks and unique illustrations suitable for framing.

Among her recent acquisitions is a uniquely presented work by San Francisco poet Margaret Kaufman, called "Aunt Sally's Lament." It's the story of a quilter who feels her life has been wasted. The pages, each a different color and folded into the page before, unfurl into a kind of paper quilt. Kirshenbaum is especially excited by the structure of a

book that demonstrates creativity and innovation in the art of bookmaking. "It holds together as an 'object of art,'" she says. While collectable books can easily cost several hundred dollars, Kirshenbaum firmly believes that the best bargains in the book world are found in the pages of Fine Print.

"I think that book art is relatively inexpensive if you compare it to a lithograph or an etching. Are future archeologists just going to look at the Golden Arches? Let's have some of this too."

Her personal collection proves that books are created, not just by technicians, but by artists. "Just because you have a power saw doesn't mean you can build a bookcase," she says. "And just because you have computer type doesn't mean you can build a book."

Four quarterly issues of Fine Print are available at a subscription rate of \$45. Fine Print, P.O. Box 193394, San Francisco, CA 94119.

—Bob Bates

Bob Bates is a former TV producer who lives in the neighborhood.



Artists from around the world have contributed their graphic skills to create Fine Print's unique cover designs.



"Aunt Sally's Lament" the story of a quilter, is one of Kirshenbaum's favorite examples of an innovative book.



Kirshenbaum's "bad printing" file is filled with examples of graphic design she considers busy and distasteful.

TRIO

C A F E

1870 Fillmore Street
(in the Amelia)

Tuesday - Saturday
8:00 a.m. - 6:00 p.m.
Sunday 10:00 a.m. - 4:00 p.m.
Closed Mondays
• espresso • cappuccino •
• cafe au lait •
Light meals all day

"Food definitely innovative; portions lush. This is a great serious restaurant...would we go back?
You bet!"
-Ed Schwartz
New Fillmore

Oppenheimer

2050 Divisadero, off Sacramento: 563-0444

Nightly 5:30 to 10 pm, Fri & Sat 'till 11 pm
Sunday Brunch from 10:30 am

Support
Your Neighbourhood
Restaurants —
Dine Fillmore!

The Curbside Cafe

Breakfast - Lunch - Dinner
Week-end Brunch
Wine - Beer - Espresso

Tuesday thru Sunday
9 am - 9 pm

Closed Monday

2417 California at Fillmore
929-9030

CAFE MAJESTIC



Cafe Majestic, located in the elegantly restored Victorian Hotel Majestic, specializes in recipes of old San Francisco.

The perfect spot for an important business lunch, a romantic, candlelight dinner, or a lively Sunday brunch.

CAFE MAJESTIC
1500 Sutter Street (at Gough)
776-6400 Reservations
Valet Parking • Music Nightly

A SIGN OF GREAT BARBECUE

Homeboy's
BBQ

Restaurant

Fast take-out • Delivery 5-10 pm

DELIVERY 563-3020

We're easy to find.
And once you get here, you'll know we're worth finding.
Homeboy's, is a San Francisco tradition, known as the place to go in the Western Addition for great food and friendly service.
Dining fads come and go.
Come in and see why Homeboy's is here to stay.

BBQ PIZZA.
Brickpit Oven. Ribs, Chicken, Links.
Slow cooked over lava rocks and moisture smoked with mesquite wood.

Homeboy's BBQ Restaurant
1117 Fillmore St.
(Btwn. Golden Gate & Turk)



Up and down the Fillmore

By
David Ish

Keeping your eye on the small

We have on page two of this issue our mayor's column in which he asks to keep in place the seven million he has been able to raise for the past year with the special \$200 fee on businesses so he can feed the homeless, and on page four a letter from Rory Ward, president of The Fillmore Merchants a letter decrying the fee and asking it to be rescinded.

Like the mayor, I have compassion for the homeless, and like Rory, I have concern for the ability of small business, particularly small retail merchants to handle even \$200 bucks a year. In addition to the homeless we may soon also have the storeless. The 7.1 has not been easy on merchants here or on Chestnut or Union Street, or in any of the other neighborhoods in the city which I'm aware of. Retailing is a dicey business at best, in which the only people who seem able to make a profit are either people who also own the building their store is in or landlords who think nothing of charging 80 gazillion dollars a square foot. Even though \$200 a year doesn't seem like a whole lot (the Mayor's office likes to point out it's 75¢ a day) when you're swimming or even just toe dipping in red inks \$200 bucks is a fine number not to have to shell out for a fee. There must be a politically more acceptable way to find \$7 million than taking it out of the cash registers of our hard pressed neighborhood retailers.

I worry that our Mayor has lost touch with some of the grass roots peoples and issues that got him chosen over John Molanari who was perceived as an establishment type. I'm not the first to raise this concern. The mayor has got some big problems, and some big opportunities. Problems like AIDS, cocaine and homelessness, and opportunities like a new convention center and Mission Bay, and tearing down the Embarcadero freeway. I think it's great that he has proven not to be small minded and is capable and interested in dealing with issues that have some scale, with some breadth of vision. But retailers and small community groups like WAPAC, featured in this issue, are part of the glue that keeps a city together. Without them there is no buffer between the extremely well to do and the poor to homeless. Ignoring the apparently small problems of this crucial infrastructure to handle larger issues is very tempting when there is as much on your plate as Art Agnos has on his right now. But I really think there is considerable peril in doing so. While the city can barely afford middle class residential flight it can not at all afford retail flight to comfortable suburbs or malls. When small shopping districts in a city go, decline, rot, and decay inevitably follow. As it was wisely put some time ago "every big problem was once a small problem." Let's solve it while it's still a small problem.



MAY SUN RESTAURANT

Teriyaki & Mandarin Food

Free parking for dinner at rear

Recommendation:

- NUGGET CHICKEN IN GARLIC SAUCE
- LEMON PRAWNS
- SIZZLING SEAFOOD SPECIAL
- VEGETABLE PRAWNS
- STUFFED CHICKEN WINGS
- = Hot Spicy

1740 Fillmore Street

(at Sutter)

567-7789

Mon-Sat 11:30-9:00 pm

Food to Go
Pickup & Delivery

What is:

weekly,
delicious,
inexpensive,
casual,
relaxing,
and terrific?

Sunday Brunch at

Pacific Heights
BAR & GRILL

10:30 a.m. to 2:30 p.m.

(we're open for lunch
Monday through Friday
and dinner every day.)

Reservations: 567-3337



Fillmore Food and Wine

By
Ed Schwartz

Watch out restaurants... here comes cellular trouble

In the old days, about five years ago, restaurant dining was a more or less pleasant experience. One entered, one ordered, one ate, one burped, one paid, one left. End of experience.

But now, some restaurants make me go into a skirmish mode; soon I will declare war and arm for battle. And, when I get teed off it will not be a pleasant sight. Tables will be turned, glasses will splinter to the floor and blood will flow.

It all began two months ago when I was having lunch with Manfred Esser of Cuvaison winery. He loves wine and food, so we go to Chez Panisse. The lunch already was putting me off my oats because the food was wretchedly mediocre and it wasn't the first time. Then, the capper. A couple who looks like the Prince and Princess of Glitzania, who obviously took a wrong turn at Rodeo Drive, somehow landed at the table next to ours. Her high heels were as long as her nails, and his hair do was better than hers. And before they ordered even so much as a drink, he whips out his portable phone and starts making calls. Soon, people somewhere out there started calling him at the table. On the fourth incoming call, he gave her the phone—"it's for you, darling"—and I practically gagged on my cold, tasteless noodles masking as a garniture to an

otherwise o.k. piece of grilled chicken. Mr. Esser, who also knew better, wavered between shock and chagrin and wound up in the middle.

"No," I thought to myself. "Is this the end of Western Civilization as I know it? Probably." "But," I mused, this was only a one-shot deal. Wrong. Read on but I warn you—this is not going to be pleasant.

Last week, I went to the Hong Kong Flower Lounge in San Francisco, and get this, there were three portable phones in use in the restaurant. Well, really only two. One phoner stepped outside in the middle of his meal so he could get better reception. Better reception. What the hell happened to *eating* at restaurants?

I couldn't believe it. Someday we are going to walk into a restaurant and the maître d' is going to coo, "Welcome to Cafe Clutz. Do you wish smoking, non-smoking, drinking, non-drinking, phone or non-phone and fax outlet or no fax outlet?" I in turn will say, "I'd like a non-smoking, wine-drinking, non-fax, non-phone table, preferably near the men's room as I may get ill shortly from all this craziness."

Restaurant goers, do not be lulled into a sense of false security. The next time you see a portable phone being brought

Continued on page 27



Serving Delicious
Burritos
&
Daily Specials

Mexican food catered

1946 FILLMORE at PINE
563-3509

Newest Italian Restaurant **Ristorante VIA VENETO**

A genuine piece of Italy in the heart of Pacific Heights

- Fresh Seafood
- Fresh Pasta
- Veal & Chicken
- Home made desserts

Your Hosts, Massimo Lavino & Salvatore Cortara

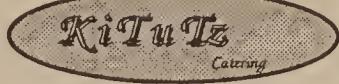
Lunch 11:30-2:30
Monday thru Saturday
Dinner 5:00-10:00 Weekdays
5:00-10:30 Friday & Saturday

346-9211
2244 Fillmore/Clay

THE LION COCKTAIL LOUNGE

Est. 1969

Taste. Style. Distinction.
Sacramento At Divisadero.



Brazilian Cuisine

You'll love it!
Experience the exotic taste
of Brazilian food.
We specialize in:

- Office and Private Parties
- Buffets
- Cocktail Parties
- Wedding Receptions
- Dinner Parties
- Picnics

Please call us for free consultations
and suggestions. Ask us about live
Brazilian music for your affair.



CALL TODAY: (415) 664-6320
2417 26th Avenue
San Francisco, CA 94116

Put a little spritz
in your life...

...and we'll supply the
flavoring for your spritz!

With your paid seltzer order of
3 months or more we'll give you
a FREE bottle of syrup
(choose from 20 flavors).

Delivered to your home or office. Don't be
fooled by cheap imitations! Get the Original
delivered to YOU! For only \$24.30 a month,
you get 12 Antique Glass syphon bottles filled
with our delicious Seltzer water, with three
times more bubbles per glass.

Call Today:
(415) 369-4888



We specialize in non alcoholic beverage and food
catering for all happy and fun occasions for you to enjoy!



SZECHUAN VILLAGE

Szechuan-Hunan Cuisine at a quiet, elegant pace.

- No MSG
- Very Fresh Ingredients
- Excellent Service
- Free Delivery

3317 Steiner/Lombard
567-9989



THE HALF SHELL PROUDLY PRESENTS LIVE MAINE LOBSTER MONDAY NIGHTS

A one-pound Fresh Maine Lobster grilled with
a walnut-pesto butter and ringed with Fresh
Sonoma county vegetables at a
Remarkable Price.

13.00

Call to reserve your Lobster...or take your chances!



61 Rausch Between 7th & 8th, off Folsom San Francisco
552-7677
COCKTAILS·SEAFOOD·PASTA·PARKING

A Traditional Drinking Saloon Since 1986.



Open 7 days
3:30 p.m. to 2 a.m.

Dinner served nightly

LIVE MUSIC

Sun & Mon: Jim Burke Trio
Tue & Thurs: The Essentials
Wed: E.C. Scott & Smoke
Sat: Live Music

2020 Fillmore
921-1000

JACKSON FILLMORE

trattoria

Buon Appetito

5:30 to 10:30 Tues.-Thurs.
5:30 to 11:00 Fri. and Sat.
5:00 to 10:00 Sunday

Reservations for 3 or more.

2506 Fillmore Street
346-5288



Light Cuisine
featuring
Fondue, Raclette,
Fresh Seafood, Pasta,
Veal, Lamb & Duck

2323 Van Ness
(between Green & Vallejo)
For reservations,
call 885-6116

When you're
ready to own
an original...
see me.



Pam Reeves
Director

MESA
GALLERY
CONTEMPORARY ART
2178 Bush (at Fillmore)
415/921-3592

Hang Out At
Your
Neighborhood
Gallery!

**JERROLD
TURNER**

Plein-Air
Paintings

APRIL 10 - MAY 4

**William
Sawyer
Gallery**
3045 Clay St.
921-1600
Tu - Sat 11-6

FINE FURNITURE
ANTIQUES



RESTORATION SERVICE

RICHMOND WOODS

3 8 6 - 3 6 3 6
140 BALBOA
T-SAT 12-6

On the Wall and Off the Wall: Neighborhood Art



"Sonoma store" a Plein Air painting by Jerrold Turner hanging at The William Sawyer Gallery from April 10 to May 4.

William Sawyer Gallery

(3045 Clay between Baker and Broderick;
Open Tue.-Sat., 11-6 pm. Phone 921-1600.
Jerrold Turner, Plein Air paintings, 4/10-5/
4)

Carrying on the tradition of the Society of Six, Plein Air painter Jerrold Turner brings new paintings to William Sawyer Gallery in April. An April 10th reception for the artist is scheduled from 6-8 pm.

"Plein Air" painting refers to the process of making a painting on location. From conception to the final brush strokes, the work is completely finished in the presence of its subject matter. It was popularized by the American group, The Society of Six, as well as Canadian painters, The Group of Seven.

Turner's work deals mostly with landscapes, their main strength is a result of his bold use of color. Streets may appear bright red or roof tops bright pink. His style is very deliberate with plenty of spontaneous and impulsive overtones that engage the viewer.

The works range in size from small pieces, usually on wood panel, up to 24" x 36" canvases. This is a show of vast appeal. The work is good, without being intimidating and the powerful use of color has an uplifting appeal.

Mesa Gallery

(2178 Bush Street, between Fillmore and Webster; Open Tue.-Sat., noon-5 and by appointment. Phone 921-3592, Don Nix and Ann Fursman Nix, 4/5-4/29)

April 5th Mesa Gallery presents work by husband and wife duo Don Nix and Ann Fursman Nix. This interesting pair have been painting for fifteen years and married for twenty-five.

Don Nix left his career as an attorney after selling his first painting for \$25—three years later his wife Ann left a position in education to join him.

As one would think of such a pair, their work is fairly similar, yet as in many lasting relationships there are drastic differences between the two.

Both work abstractly. Ann's work is subtle, there is a very delicate use of movement and the work is often symbolic with images suspended in its midst. Typically these images are left to roam around a background of dark space.

Mr. Nix's work has a much more textural and structured appeal to it. One is constantly drawn to touch these pieces. His use of mixed media line and perspective seem to draw in the viewer.

The two styles are complimentary of each other.

Albers Gallery

(353 Presidio, between Sacramento and Clay;
Open Tue.-Sat., 11-5 pm. Phone 563-3344.
The Holman Island 25th Anniversary Show runs through 4/7)

As American host gallery for the Holman Island print show, Albers continues to present work by this community through April 7th. Even with a successful opening and the month of March, a good selection of these wonderful pieces remain, at very popular prices.

From April 7th through May 6th the gallery will feature a wide assortment of Inuit work from various communities. Contained in this show are prints, sculpture and drawings from a number of pertinent artists.

Opening May 6th is a unique show of wall hangings coming to Albers from a wide variety of Inuit communities. Most of the pieces are constructed of felt and incorporate appliques in different fashions. A good deal of figurative subjects are utilized in traditional Inuit settings. Other pieces are more abstract and textural. This show will be on display through June 16th.

—Patrick LaGreca

Patrick LaGreca is an artist's representative in San Francisco.

Sure, Van Gogh Could Paint.
Could He Type?

San Francisco Art Institute Students can paint, build, move, cook, sew, design, draw, sell, silkscreen, sculpt, photograph, feed, film, video, frame, deliver, clean, teach, decorate and much, much more!

Call the SFAI Jobs Board at (415) 771-7020, Ext. 53, and list your job. For FREE! Help the Arts support themselves. Hire an artist today!

New Fillmore Entertainment

At the Kabuki:

The Laserman

By Rhonda Abrams

Laser technology—Star Wars research—international arms dealing—chicken soup—and Zen meditation. An offbeat mix for a movie, but then again, Peter Wang's newest film, "The Laserman" (now showing at the Kabuki) is an offbeat film.

The central, though not necessarily the strongest, figure in "The Laserman" is Arthur Weiss, a Chinese-American laser research scientist (portrayed by Marc Hayashi of San Francisco's Asian-American Theatre Company). When one of Arthur's experiments results in the death of his assistant, Arthur suddenly finds himself unemployable. Loving his work, and naively oblivious to the implications of his research, Arthur takes the only job offered, which just happens to be for international arms dealers.

Confusing Arthur's life are his Jewish mother, who believes herself to be Chinese, his girlfriend who is more interested in Zen meditation than sex, and Lieutenant Lu of the New York Police Department (played by Wang) who's investigating the death of Arthur's assistant.

All this distraction keeps Arthur from realizing the intent his employers have for his weapons research—international terrorism. More wrapped up in the process than the result, Arthur, like so many other scientists, becomes the unwitting tool of evil.

Meanwhile, all those around Arthur

Home video releases:

Pure Vintage

Stanwyck, Bogart

Reviewed by Don Lee Miller

"Double Indemnity"—Barbara Stanwyck won an Oscar nomination for her steeped-in-evil portrayal of Phyllis Dietrichson, the bored well-to-do wife who used their insurance agent, Fred MacMurray, as her strong-arm to carry out the dirty deed. In blond wig, with an anklet to lasso MacMurray's attentions and intentions, Stanwyck initially wasn't sure whether to accept the murderous role. She had never played such a wanton, greedy, malignant villainess before and wasn't sure if her fans would accept the transition from the heroine of successful light comedies (*The Lady Eve*) and soapers (*Stella Dallas*).

Did they? Did they ever!

They made Stanwyck in her 44th film the highest paid woman in the U.S. in 1944. Her only other work that year was in an all-star vehicle, *Hollywood Canteen*. Her throaty voice is both alluring and all business when she tells MacMurray "I'm rotten to the core," as she flips a lighted cigarette onto the plush carpeting. She is so believable that when she shoots him in the chest, no viewer should be stunned by her gritty resilience. She wins their very serious tug-of-wills. Notice her sparse movement and precision use of meaningful props. In her 84 films from 1927 to 1973, Stanwyck was the greatest when she was bad.

If not MacMurray's best performance, then certainly one to equal his heel in *The Apartment*. His scenes with his boss, Edward G. Robinson, easily match the intensity of those with Stanwyck. Billy Wilder's staccato direction and script cannot be faulted. His film noir waning sunlight atmosphere is as rich as in his later



Tony Leung as Joey apparently rising from the dead in Peter Wang's fast paced comedy "The Laserman," now at the Kabuki.

are struggling with defining their identities in a world in which cultural ties are easily made or broken.

Wang, who wrote, directed and produced "The Laserman" is best known for his successful comedy "A Great Wall" which chronicled an assimilated Chinese-American's family trip to Beijing and was the first American feature film co-produced with the People's Republic of China.

Like the previous film, "The Laserman" calls upon much in Wang's own past and while not specifically autobiographical, relates Wang's own experiences both as a laser scientist and as an immigrant struggling with conflicting cultural demands.

In San Francisco recently, Wang talked with the "New Fillmore" about the intent of his movie and his desire to make a statement both about the dangers of advanced weapons and a comment about ethnicity in America.

Trained as a laser scientist who worked both on weapons research for the Defense Department and as a laser specialist for IBM, Wang has strong feelings about the uses—and abuses—of science.

"The Laserman" examines a need for scientists to realize the effects of their

work on society: inventing and creating for what scientists hope will improve our future," said Wang, "but being aware that they have very little control over what happens to their creations. Einstein was the one who started nuclear energy, but politicians defined it."

In further elaboration, Wang stated: "My theory is the advancement of technology really transforms the make-up of society. It has the most dominant effect today, even more so than ideology—Karl Marx didn't know that a computer would evolve and would create a \$100 million industry and generate a society of yuppie white collar workers—(tech-

nology really transforms the make-up of society. It has the most dominant effect today, even more so than ideology—Karl Marx didn't know that a computer would evolve and would create a \$100 million industry and generate a society of yuppie white collar workers—(tech-

Continued on page 23

CALIFORNIA CULINARY ACADEMY

Professional School for Chef Training

Classes for the 16 Month Program Begin:
6 Times a Year • Next Class begins April 30th 1990
Financial Aid Available for Qualified Applicants
Approved to Train Veterans

New Continuing Education Classes
April through May

For Information
In, San Francisco: (415) 771-3536
1-800-BAY-CHEF

Or Write
Admissions Dept. T
625 Polk Street
San Francisco, CA 94102

Dine in one of three exciting Academy restaurants.
Call for reservations: (415) 771-3500

BROWNIES

HOUSEWARES

OPEN 7 DAYS A WEEK

SINCE 1910

HOUSEWARES • PAINTS • TOOLS
BUILDING MAINTENANCE SUPPLIES
LIGHTING FIXTURES • WINDOW SHADES
PLUMBERS SUPPLIES • VACUUMS

CUT & THREAD PIPE • KEYS DUPLICATED

POLK-VAN NESS DISTRICT

673-8900

VALIDATED PARKING

1552 POLK AT SACRAMENTO

DELIVERY SERVICE



Beating the drum for Japantown's 23rd Cherry Blossom Festival



Parade music Japanese style, including the thunderous rhythms of traditional taiko drums, will fill the air during Japantown's 23rd annual Cherry Blossom Festival grand parade Sunday afternoon April 29.

Japantown is gearing up once again this year for the annual Cherry Blossom festival, this year offering the 23rd rendition over the weekends of April 20 to 22 and 27 to 29. Music, dancing, food fairs, film screenings, and a variety of live performances including martial arts, are just some of the event categories on the roster.

Mt. Zion/UCSF

from page 3

omedical research, particularly if their efforts to establish such a facility at the Laurel Heights campus are thwarted through pending legal action with the Laurel Heights Residents Association.

Assistant chancellor Tom Gwyn at the WANA meeting acknowledged that plans for the refurnished Mt. Zion complex include stacks for the emission of fumes from research hoods.

If such hazards in fact proved to be hazardous to health, neighborhood residents would be in a lose-lose position if UCSF wins or loses in its efforts to establish biomedical research at Laurel Heights, as the neighborhood is downwind from both the Laurel Heights and Mt. Zion facilities.

Gwyn however when questioned on the relative safety of the research facilities pointed to the 125 years of research at Parnassus Heights with no known negative health effects on neighborhood residents there, and said emission measurements one block downwind of the stacks at Parnassus Heights showed no significant traces of any of the chemicals used except one, ethylene oxide, and that that chemical was going to be reduced to insignificant amounts in emission by the installation of scrubbers in the research facilities.

Highlight/finale of the double weekend celebration is a 2 1/2 hour parade scheduled for Sunday afternoon April 29, which begins at city hall and makes its way to Japantown down Polk from McAllister to Post and then down Post to Japantown. Among participants will be armor-clad samurai, kimono clad maidens, hundreds of Japanese dancers and musicians, Akita dogs, and scores of strong young men bearing portable shrines.

Aficionados of Japanese culture can get a comprehensive list of the entire goings on by dropping a stamped self addressed envelope to the Cherry Blossom Festival, Japan Center, 1581 Webster Street, San Francisco, CA 94115 or giving them a call at 563-2313.

SWIMWEAR SEASON



COME RAIN OR SHINE

WATERWEAR FOR WOMEN
2136 FILLMORE AT SACRAMENTO
SAN FRANCISCO 94115-2224 415-346-5956



**WE
PRINT
COLORS,
TOO**

**FAX
AND
MAILBOX
SERVICES NOW AVAILABLE**

SOME OF OUR OTHER PRODUCTS:

Ad Design Brochures Bindery Business Cards Business Forms
Carbonless Forms Collating Copies Design Embossing Foil
Envelopes Flyers Stamping Folding Form Letters Halftones
Illustration Labels Layout Letterhead Logo Design Mailers
Manuals Menus NCR Forms Newsletters Postcards Stats
Rolladex Pricelists Self-Mailers Spiral Binding Stapling
Resumes Table-tents Thermography Tickets Transparencies

MARINA PRINTING

2242 Lombard Street
(between Steiner & Pierce)

10 Years in the Marina

922-2400
Call us for a Quote

PRINTING COPYING DESIGN TYPESETTING GRAPHICS CAMERA

If your stylist cannot shampoo, cut, relax, perm, color, hi-lite, weave, do extensions and braids then you should call **Sabrina...**



AT THE **NAIL GALLERY**

Come in and lets
talk Hair

M-W \$25.00
Manicure & Pedicure
by Sandy

2050 FILLMORE
346-1600



Floyd Prewitt Hair Designer

Focus Hair Studio
3263 Sacramento St.
931-5205

FOCUS
STUDIO



Looking Good

by
Elana Laub

Going to the matte

The latest trend in fashion and in make-up is a gentle, natural look—and I love it! Now, it does not mean you remove your make-up and go naked (faced) into the world...very few women over the age of 16 can do that (and I couldn't do it even at 15). It does mean the strongest make-up statement is soft. It's underplayed neutrals and tender colors—real colors that are very feminine.

The key is looking good without looking like you spent hours working at it—looks that are fresh, clean, subtle and mostly matte.

I've always favored matte foundations, shadows and blushes, especially as I got older. They are the most natural and the least aging. For years, I begged the cos-

mestic manufacturers I buy from to produce more mattes. I was told the reason they resisted was that although mattes were more attractive on one's skin, frosted make-up was more appealing in the showcase and therefore sold better.

But this season, almost every cosmetic company is going to the matte. "City Lites Cosmetics" came out with mattes some time ago. They really were ahead of their time. Their matte lipsticks have been hard for us to keep in stock—they wear so well that everybody seems to want them.

For Spring, "City Lites" has six new neutral matte eyeshadows to add to their collection. These shades are the softest I've seen—pretty and refreshing sun-

faded colors such as Bamboo, Almost Apricot, Bare Bisque, Semi-Nude, Willow and Tender Bark.

They are so much fun to play with.

Continued on page 27



**Hair Design • Skin & Nail Care
Body Wraps • Massage**

No animal tested products used • Environmentally Safe

Belli Capelli

A Full Service Salon for Women and Men
1728 Divisadero Street
(415) 346-4100

ARCHITECTS &
HEROES
★ HAIR GALLERY

207 POWELL SUITE 400 SF CA 415-391-8833

SAN FRANCISCO · HONG KONG

★ 2239 FILLMORE SF CA 415-921-8383 ★

KIEHL'S NATURAL PRODUCTS

SALON SERVICES SESSION WORK FASHION WORK PROFESSIONAL EDUCATION



The Animal Connection

Pet Supplies

10% OFF

All Merchandise
(except food)

Quality Selection for
Dogs, Cats,
Small Animals
and Birds

Discount valid with ad
Expires 3/31/90

**2419
Chestnut St.
567-5335**



Performance

6, 8 pm, Alexandra Hawley, flute and Rudolf Jansen, piano perform, \$8, \$5, \$4, Old First Concerts, 1751 Sacramento, 474-1608

12, 8 pm, improvisational comedy with Terry Sand and the Gefilte Fisheads, \$3, Jewish Community Center, 3200 California, 346-6040

13, 8 pm, "The Creation, Part III," and "The Seven Last Words of Christ," by Haydn, performed by The Chancel Choir and Orchestra conducted by Alden Gilchrist, freewill offering taken, Calvary Presbyterian Church, 2515 Fillmore, 346-3832

13, 14, 20, 21, 27, 28, 8:30 pm, Grace

JACKS
SINCE 1932
BAR

LIVE BLUES & DANCING 7 NIGHTS

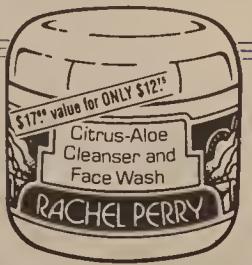
Jules Broussard Quartet Mon, Tues
Guest singers invited

Deacon Jones -
Blues Jam Session Wed, Thurs

Jackie Ivory Quartet Fri, Sat, Sun

1601 Fillmore at Geary, S.F.

Save On Two Best Sellers



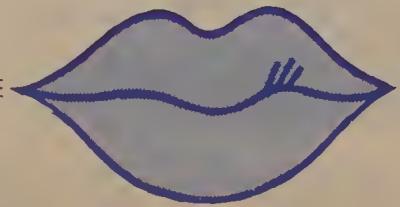
**CITRUS-ALOE CLEANSER AND FACE WASH
SEA KELP HERBAL FACIAL SCRUB**

EACH ONLY **\$12.75** A \$17 VALUE

Rachel Perry does not do animal testing

BEAUTY STORE

THE CITY'S MOST COMPLETE SOURCE
OF BEAUTY SUPPLIES.



Look for the red neon lips
at these locations:

BEAUTY STORE
EMBARCADERO
(Street Level, 4 Embarcadero Cr.)
982-5599

BEAUTY STORE
FILLMORE
(Fillmore by Divisadero)
346-2511

BEAUTY STORE
MARINA
(Divisadero by Divisadero)
922-2526

BEAUTY STORE
STONESTOWN
(Stonestown Galleria, Upper Level)
681-0779

BEAUTY STORE
THE HAIGHT
(Haight at Ashbury)
552-9696

The New Fillmore Calendar

Center, Room 102, 3200 California, 346-6040



Tours

Saturdays, 11 am, Pacific Heights Mansions Walking Tour, meet at Alta Plaza Park, top of staircase Pierce and Clay, free, City Guides, 558-3981

Sundays, 12:30 pm, Pacific Heights Walking Tour, \$3 general, \$1 seniors, meet at Haas-Lilenthal House, 2007 Franklin Street, 441-3004

Sundays, 2 pm, Pacific Heights Victorians Walking Tour, meets at 1801 Bush Street at Octavia, free, City Guides, 558-3981



Film & Video

5 & 6, War of the Roses, call for times, \$3, \$2.50 stud/sen, UCSF Cole Hall Cinema Films, 513 Parnassus, 476-2542

12 & 13, Sex, Lies and Videotape, call for times, \$3, \$2.50 stud/sen, UCSF Cole Hall Cinema Films, 513 Parnassus, 476-2542

19 & 20, Driving Miss Daisy, call for times, \$3, \$2.50 stud/sen, UCSF Cole Hall Cinema Films, 513 Parnassus, 476-2542



Exhibits

4/4-5/5, noon-5, Wed-Sat, Metastasis, the new viewer activated video installation by Sheldon Brown, free, The LAB Gallery, 1807 Divisadero, 346-4063



Health

2, 3, 5, 6, 9 am-3 pm, UC Mobile Mammography Van, offers convenient breast cancer screening for women with known breast problems, the exam takes no more than 20 minutes, the only requirement is written or verbal approval from a doctor, \$50, UCSF Laurel Heights parking lot, 3333 California, call 990-0459 for appointments

19, 7:30, A Holocaust Family Album, an award-winning film, explores the relationship between five Bay Area daughters of Holocaust survivors and their parents, a discussion will follow, \$3, Jewish Community Center, 3200 California, 346-6040

26 & 27, Steel Magnolias, call for times, \$3, \$2.50 stud/sen, UCSF Cole Hall Cinema Films, 513 Parnassus, 476-2542



New Age

Mondays, 6:30 pm, Yoga, Unitarian Church, 1187 Franklin, 776-4580

Tuesdays, 7:30 pm, What is Psychic Energy?, lecture and demonstration, free, Psychic Horizons, 2240 Geary Blvd., 346-7906

11, 7:30 pm, Spiritual Economics, a class

DIAMOND

Th The Birthstone for April 3rd

The most precious of gemstones, the diamond, rules the house of Aries. It is the hardest of all substances, natural or synthetic, and derives its name from the Latin 'adamas' meaning unbreakable. The powers of the diamond are innumerable: from inducing sleepwalking to providing invincibility; from producing spiritual ecstasy to increasing sexual prowess. According to the Talmud, a diamond held before a guilty man would lose its brilliance; held before an innocent man it would shine tenfold. Roman soldiers wore the diamond on their left side as a charm of fearlessness and invincibility. A diamond will lose its power if purchased, borrowed or stolen; it must be obtained freely. Its powers will return when offered as a pledge of love and friendship - hence its use in engagement rings given in love. The largest uncut diamond, the Cullinan, weighed 21.9 ounces and produced the world's largest faceted diamond, 530.2 carats. The most famous blue diamond, the Hope, began its reputation for bad luck after two wearers, Marie Antoinette and Princess de Lamballe, were guillotined.

Birthstones, non-birthstones and other previously-treasured gifts
Old & New Estates

2181A Union Street (near Fillmore)

346-7525

of Events for April

about creating money and true desires from a space of self love, free guest preview, classes continue 4/18-5/23, facilitated by Julian Baird, 2782 Sacramento Street, 563-2577



Historical

Historic James Whittier Mansion and Art Gallery, open Tuesday through Sunday, guided tours are given at 1:30 pm, with additional tours on weekends at 3 pm, \$3 general, \$1 seniors and students, free the first Wednesday of each month, California State Historical Society, Whittier Mansion, 2090 Jackson Street, 567-1848

Haas-Lilienthal House tours, Wednesdays noon-3:15 pm, Sundays 11 am-4:30 pm, tours start every 40 minutes, last one hour, \$4 general, \$2 senior and youth (under 12), 2007 Franklin Street, 441-3004



Meetings

10, 7:30 pm, Monthly community meeting with Captain Dennis Martel, Northern Police Station, 1125 Fillmore Street, 553-1562

15, 8:30 am, Fillmore Merchants Association monthly meeting, Pacific Heights Bar & Grill, for more info call, 922-4093

16, 7:30 pm, The Western Addition Neighborhood Association, St. Dominic's, 922-2580



Networking

20, 7:30-11:30 pm, Saturday Night Ballroom Dance Party, learn the techniques of various ballroom dance styles in this informal and friendly atmosphere featuring the great, Big Band music of the 1920s, 30s and 40s, \$7, Jewish Community Center, 3200 California, 346-6040



Lectures

5, 7-9 pm, Take this job and love it, a lecture by Dennis Jaffe, Ph.D., learn to respond creatively to the pressure and demands of your work, \$6, The Planetree Health Resource Center, 2040 Webster, 923-3680

12, 7-9 pm, Becoming an earthwise consumer, author Debra Lynn Dadd explores the interrelationship between individual health and the health of the natural environment and how we can increase our awareness as consumers. Learn to select products that are safe to use and are not harmful to our ecosystem, \$6, The Planetree Health Resource Center, 2040 Webster, 923-3680

26, 7-9 pm, Breaking the Intourist Grip on Travel in the USSR, a slide show and discussion with Enid Schreibman, a Berkeley businesswoman and veteran trip leader for the Center's citizen diplomacy tours. Schreibman is an expert in getting US visitors off the tour buses and into the metros, Soviet homes, artist studios, and schools. \$3-5 donation requested, 3220 Gallery, 346-1875



Lessons & Workshops

Through 4/16, Mondays, 5:30-7:30 pm, Tax-Aid for low income families, you must have earned less than \$16,000 in 1989 and no more than \$2000 more for each family member, free, Hamilton Recreation Center, Geary and Steiner, 434-5533

3, 7:30 pm, Dealing with headhunters...don't lose your head, learn how to find the right headhunter, how to handle the interview process, how to tailor yourself to your employment goals, and how to deal with the stress of finding a new job, \$15, Jewish Community Center, 3200 California, 346-6040

3, 7-9 pm, "Writing for profit," a career forum to discuss ways and means of earning a living through the written word, \$5, Jewish Community Center, 3200 California, 346-6040

17, 7:30 pm, Learning to love yourself, a workshop, envision your life without self-criticism and guilt and with self-acceptance, more vitality, more joy and less stress, \$15, Jewish Community Center, 3200 California, 346-6040

24, 7:30 pm, Seven steps to personal authenticity, a way of giving form and structure to a vital inner process involving personal growth, social connection and spirituality \$15, Jewish Community Center, 3200 California, 346-6040

Saturdays, 3-4:30, Knitting for adults, call for more info, The Ark, 2986 Washington, 673-2529

Mondays, Japanese Newcomer Services will sponsor an English Class, beginner and advanced, \$25, Nichibei-Kai, 1759 Sutter, 922-2033

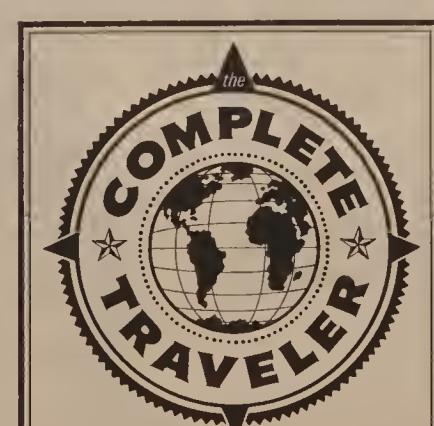
Ongoing, Japanese Classes, please call for details, Nichibei-Kai, 1759 Sutter, 922-2033

For Parents

Ongoing, Parenting classes, Parents Place, 3272 California Street, 563-1041

Tuesdays, 2:30 pm, Craft Demonstrations for parents, take a kit home to do with your child, call for more info, The Ark, 2986 Washington, 673-2529

1, noon-2, Single parent bagel brunch: "Parenting alone," meet other single parents, and to hear from trained professionals on how to handle these life changes. Custodial and non-custodial parents are invited, \$12, Jewish Community Center, 3200 California, 346-6040



Everything For
The Traveler

3207 Fillmore Street
San Francisco, CA
94123

(415) 923-1511

One hour FREE*
parking at
Lombard Street Garage
Enter by way of Webster
and Moulton.

(*With purchase before 6 p.m.)

For Kids

Saturdays, noon, story-telling for children, call for more info, The Ark, 2986 Washington, 673-2529

Mondays, 4-5 pm, Knitting for kids, beginners age 7 and older can make a colorful purse or doll house rug, please pre-register, \$35/6 sessions includes materials, The Ark, 2986 Washington, 673-2529

Tuesdays, 3:30-4:30 pm, Crochet Class for children, six one-hour sessions, please call for more info, The Ark, 2986 Washington, 673-2529

Thursdays, 4-5 pm, Arts and Crafts Projects for children age 7 and older, make a candle, tie-dye shirt, transparency, or a holiday gift, call for details, The Ark, 2986 Washington, 673-2529

Ongoing, Children's storytime for individual boys and girls ages 3-5, please call for times, Western Addition Library, 1550 Scott, 346-9531

Please send Calendar Information to: The New Fillmore Calendar
2443 Fillmore, Suite 343
San Francisco, California 94115



The Animal Connection

Pet Supplies

Compare & Save on Our Low Food Prices

Science Diet	
K9 Maintenance	..20lb. 16.95
K9 Senior20 lb. 17.95
Feline Maintenance	
.....4lb. 6.85	10lb. 14.45
IAMS Chunk20 lb. 14.50
IAMS Cat8lb. 11.60
Eukanuba20lb. 18.25
Max20lb. 14.30
Max Cat6lb. 9.25
Lick Your Chops	
Adult Dog20lb. 18.70
Cat and Kitten5lb. 7.75

Give us a call
for other
food prices

2419

Chestnut St.
567-5335



Jane E. S. Ehrenburg

Speaking on

SOVIET
FAMILIES

TODAY

Sunday, April 22

2:00-5:00 pm

3220 Gallery

Jane Eugenia Samuilovna Ehrenburg, the granddaughter of Ilya Ehrenburg, is the Deputy Headmistress of the Schools of Zaporozhye, Ukraine, USSR. She has taught history for 25 years and is fluent in English. This event is sponsored by the Older Women's League (OWL).

Admission \$5.00

3220 Gallery is a unique meeting place and cultural center, established in 1985. It is an educational project of the Foundation for Social Innovations-USA.

3220 GALLERY

3220 Sacramento Street
San Francisco • 931-2593

Fine
Flowers &
Plants
to show you
love in an
extraordinary
way.

City & world-
wide delivery.

We're going to be
your florist!



FLORATEK
3075 Sacramento St.
563-1166



Organic Produce • Fresh Seafood*
 Macrobiotic Products • Hormone Free Poultry & Beef*
 Bulk Foods & Herbs • Gourmet Deli*
 Natural Cosmetics • Books
 Vitamins/Supplements

Real Food Co. #3
 2140 Polk
 (Vallejo)
 673-7420
 9-9 Daily

Real Food Co. #6
 1240 Sutter (Van Ness)
 Free Validated Parking (Fern/Polk)
 474-8488
 9-9 Daily

*Available at Sutter Street location only.

From a Club in a Class by Itself



2358 Pine Street • 563-6694

Commercial Space

Beautiful, sunny office with deck in Cow Hollow. Shared common area with personal fitness trainer. Ideal for trainer or masseuse.

\$850

Call 922-3700 or
929-8417

DR. LARRY BECKER

CHIROPRACTIC TREATMENT FOR:
 HEADACHES
 NECK & BACK PAIN
 JOINT-MUSCLE PAIN
 WORK & AUTO INJURIES
 PHYSICAL THERAPY
 EXERCISE PROGRAMS
 NUTRITIONAL COUNSELING



(415) 346-9340
 1903 BRODERICK
 SAN FRANCISCO

Genuine soothing
 Swedish Massage
 (from a Swede)
Henrik Cervin,
C.M.T.

Benefits from
 a Swedish massage:

- Relieves pain and tension in muscles
- Improves blood circulation
- Weight loss
- Reinforces depleted energy
- Radiant, soft skin
- Dissolves stress

My other body work skills include Shiatsu, Reflexology, Vibrational, Lymphatic Massage, Deep Tissue, Energy and Light Work. You are welcome to call for more information or an appointment.

563-0289
Vallejo/Fillmore



Putting nutrition first

by
 Dr. Richard Kunin, M.D.

Tryptophan and EMS

Tryptophane is an essential amino acid, essential for health and for life. It is a component of tissue proteins, a source material for synthesis of the vitamin, niacin, and likewise for the neuromodulator, serotonin. Eggs, meats and nutmeats are the best dietary sources, averaging 2-4 mg per gram, peas, beans and grains contain half as much and fruits, vegetables and yogurt are lower by half again, less than 1/2 mg per gram. Spirulina is the most concentrated food source, averaging about 9 mg per gram. A half pound of beefsteak contains about 600 mg of tryptophan. The RDA recommended amount is about 10 mg per pound of body weight (21 mg per kilogram) or about 1000 to 1500 mg per day.

Recently there has been a rash of reports that tryptophane supplements at doses less than this have been associated with a set of symptoms called: Eosinophilia-Myalgia Syndrome or EMS for short. There have been over 1400 case reports and 19 deaths since July, 1989 through mid-March, 1990.

In a report published in the Journal of

the American Medical Association (March 16, 1990) seven cases are reported in detail. Symptoms of EMS include muscle pain, weakness, skin rash with itching, shortness of breath and the presence of large numbers of a special type of white blood cell, the eosinophil, so-called because it absorbs eosin dye when examined in the laboratory. Microscopic examination of tissue biopsies from these patients showed inflammatory cells in the connective tissue fascia around muscles as well as in the small blood vessels. Skin showed inflammation and thickening similar to scleroderma. The authors concluded that the disorder is a connective tissue disease and that it is probably caused by an abnormal accumulation of metabolites of tryptophan. The possibility of a toxic contaminant in tryptophan supplements has not been verified.

Until the outbreak of EMS, tryptophan had become established as a treatment for nervousness, insomnia, mood depression and pain. The popularity of tryptophan was due not only to its effectiveness but also its reputation for safety from side effects. Americans have become increasingly aware of dangers from prescription medications and this helped tryptophan to become one of the most commonly used nutrient therapies, not only through health food stores but also in many doctor's offices.

Now it appears that tryptophan will be unavailable since neither manufacturers, retailers or physicians will dare to face the risk of liability until the FDA or Surgeon General gives the go-ahead. That is unfortunate because so many people have benefitted greatly from the use of tryptophan and it is certainly safer than many other medications on prescription and even over the counter. On the other hand diet can accomplish most of the benefits of tryptophan, ie. by selecting tryptophan rich foods and using simple sugars to amplify the tryptophan-sero-

Continued on page 17

SAUSALITO CYCLERY
 BIKES FOR MOUNTAIN AND ROAD
 greatest selection of..
 • BICYCLES
 • CLOTHES
 • ACCESSORIES
 Bags
 Books
 Helmets
 Packs
 Racks
 and more....

OPEN DAILY 10-6 (TH-10-8 PM)
 BRIDGEWAY AT GATE 6 ROAD, SAUSALITO, CA 332-3200

IT'S TIME.



CITY
 CYCLE
 3001
 STEINER
 346-2242

Access Health Care

is happy to announce the addition of
 Obstetrical and Gynecological
 services
 to our UNION STREET location.

Please join us in welcoming:

Judith L. Mates, MD
 Elizabeth G. Moy, MD
 Frederick K. Ostermann, MD
 Ronald W. Smith, MD
 George A. Winch, MD

For appointments, please call: (415) 775-7766

ACCESS HEALTH CARE
 1604 Union Street
 San Francisco, CA 94123
 A PART OF THE
DAVIES MEDICAL NETWORK

Tryptophan

from page 16

tonin neurotransmitter effect on the brain.

I think that the discovery of a relationship between tryptophan and EMS actually opens our eyes to the fact that EMS type illnesses have always been occurring to susceptible individuals. Adverse reactions to tryptophan in food are harder to notice than when the tryptophan is concentrated in a pill. I think it is probable that reactions to dietary tryptophan are very common for example muscle pain, blood vessel spasm, high blood pressure, skin rash, headache, irritability, insomnia, mood disorder, abdominal pain, allergies and thyroid disorder. It is possible that some people become vegetarian because they respond adversely to the higher tryptophan content of animal foods.

The most important research on tryptophan toxicity was reported in 1987 by Doctors Michael Trulson and Michael Ulisse at Texas A&M. They studied the effect of tryptophan on laboratory rats with normal adrenal glands in comparison with others treated to reduce the amount of cortisone in their blood by 50 percent (after a drug) or 100 percent (after removal of the adrenal glands). The normal animals showed no signs of toxicity even after a huge dose of tryptophan, over 1000 mg per Kg, equivalent to over 50,000 mg (50 grams) in a human.

All the animals totally deprived of cortisone by surgical removal of the adrenal glands died after ingesting a hundred-fold lower dose of tryptophane, for example a dose of 12.5 mg per Kg was fatal within two to six hours to all the animals and 11.6 mg per Kg was fatal to half of them. The equivalent dose in an adult human is only 600 to 1000 mg.

In animals treated with a drug (Metryrapone) to cut cortisone output by about half there was still a 50 percent death rate from a tryptophan dose of only 25 mg per Kg. This also caused ten-

fold elevation of the tryptophan by-product, tryptamine, in the heart, liver, lung and brain and two-fold increases in kidney. Tryptamine is known to cause severe increase in blood pressure and this is the probable cause of death.

These findings were entirely prevented by administering cortisone before the tryptophan and the authors concluded their report with a call for testing of adrenal function prior to using tryptophan. They also called attention to the danger of tryptophan to the fetus and newborn, since adrenal function is not developed for almost a month after birth. In other words, excess dietary tryptophan in the mother could harm the fetus and, in the first month and perhaps in the entire first year of life, illnesses or vitamin deficiencies that deplete the adrenal glands could set the stage for the tragedy of SIDS (sudden infant death syndrome) if the baby is fed skim milk formula or low fat cottage cheese (less fat means more protein, ie. tryptophane).

After twenty years of experience with tryptophan in my medical and psychiatric practice and with no adverse reactions other than headache and excessive dreaming, which cleared upon discontinuing the amino acid, I was skeptical when the initial reports of toxicity erupted on the scene in July, 1989. The early cases were reported by physicians dealing with arthritis and rheumatic diseases. Patients with these symptoms often have eosinophilia (high eosinophil counts) and muscle pain (myalgia) anyway so why blame tryptophan? Why not suspect that they were suffering from adverse effects from pain pills or anti-inflammatory drugs? Also, in light of Dr. Trulson's research it is clear that anyone with low adrenal cortisone output is at high risk of tryptophan toxicity. This is especially so because adrenal shut-down can occur in patients on long-term cortisone therapy. It is also possible that some

Continued on page 27

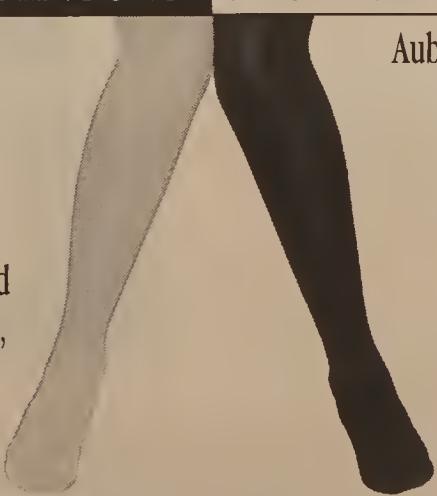
Palace of Weariness

"Palace of Weariness" is an acupuncture point located on the palm of the hand, used to assist a person involved in a long-term emotional struggle. A place to rest and revitalize the Spirit.

**Tom Balles, C.A.
Traditional Acupuncture Clinic
1863 Union Street • (415) 921-4808**

EVERYTHING'S NOT BLACK AND WHITE

Now in 10
Fashionable
Colors...
Knee-Highs,
Thigh-Highs,
Pantyhose and
Custom-Made,
Seamless
Compression
Hosiery



Aubergine Wine
Marine Blue
Sport Sand
Flannel Tan
Pearl Gray
Au Natural
Almond
Melon
Ebony
White

Soft and durable, these surgical compression stockings have a graduated distribution of pressure from moderate to strong. Recommended for leg fatigue, varicosities (especially during pregnancy), and venous insufficiency.

Weekdays 8 am - 6 pm
Call for appointment
415 921-2911

AURORA
MEDICAL

2211 Post Street
Suite 404 (Corner of Scott)
San Francisco 94115

MEDICALLY-CORRECT COMPRESSION HOSIERY

Swimming

Glass Enclosed
Indoor Pool

Tennis

Cyber Eagle

Life Cycles

Stairmasters

Daily Exercise Classes

Free Weights

Saunas

Massage

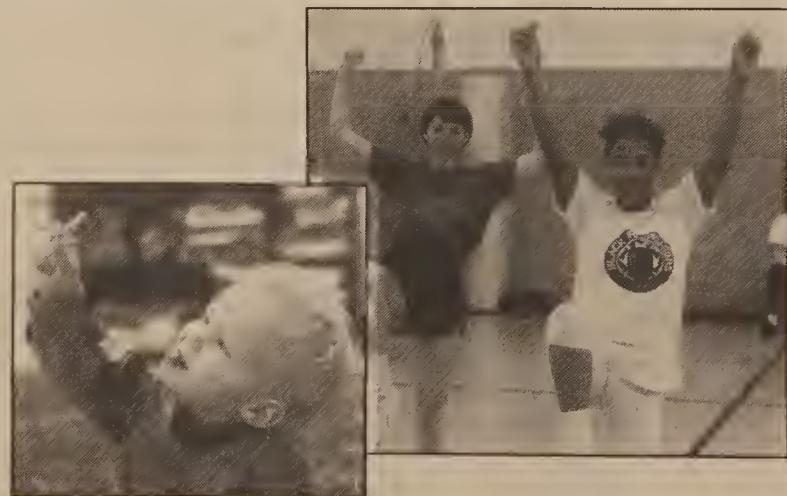
Tanning



**CATHEDRAL HILL
Plaza
ATHLETIC CLUB**

1333 Gough Street 346-3868

REDISCOVER The Buchanan YMCA



CHILDCARE WHILE YOU EXERCISE!

Mon, Wed, Fri: 8:45 - 10:30 AM
AEROBICS • NAUTILUS • STAIRMASTERS

**CALL NOW!
931-YMCA**

**1530 Buchanan
(off Geary/across from Japantown Pagoda)**

Free One week trial membership

YMCA membership and programs are open to everyone. Financial Aid to the extent possible is made available through generous donors. Please contact a YMCA staff member for application information. □ The YMCA of San Francisco, based on Judeo-Christian values, seeks to enhance the lives of all people through programs designed to develop spirit, mind and body.



The reception area for Access Health Care down on Union Street combines hi tech efficiency with fireplace comfort.

Access Health Care makes accessibility the key

If Union Street isn't too far away for a health services pit stop of one kind or another, then neighborhood residents should find Access Health Care a con-

venient walk-in health care facility only a short walk away.

On Union Street at the corner of Franklin, Access Health Care provides a facil-

ity which, in the words of chief operating officer Jeff Gerard "falls somewhere between an emergency room and a traditional single doctor medical practice."

One of the things which Access definitely is not is an HMO, which means you can walk in there with nothing more than what ails you and a mastercard or visa and get taken care of.

Continued on page 25

AMPUKU

Japanese Hand Palpation Method for alleviating Abdominal Tension

- Profoundly Relaxing
- Therapeutic
- Gentle

Chip Krug
441-4835



PERSONAL FITNESS TRAINING

Safe • Fun • Effective

★ Specializing in Aerobic exercise Strength Training and Stretch

★ Beginners and Intermediates Welcome

★ IDEA Certified

DIANE WAYE 567-6376

Shhhh! It's a Secret



Not Immigration, the FBI, the IRS, the courts, the military, welfare agencies—not even the President of the United States—can see your census answers. It's against the law.

And all census workers take an oath to keep your answers confidential.

Answer the Census. It Counts for More Than You Think!

CENSUS '90



Ray Flyer

Announces

1 hr
Massage
only

\$29

Available for men and women at

Pacific Heights Health Club
2356 Pine Street

Mon., Wed.
Fri. & Sun.
9 am to 9 pm

Call
563-6694

I dreamed I was a swimsuit model on my 39th birthday...

"I really did do this ad on my 39th birthday! In six easy weeks I went from an out-of-shape size 7 to a curvy size 3. Michael Thurmond, thanks for making my dream come true!"

Gail MacFadyen-Lee
Curves, Graphic Design Studio

"The best thing that ever happened to my body is Mike Thurmond. I'm halfway to being young again, Thanks to Mike."

Michael Learned, Actress

"I've never felt so great! I lost 36 lbs. in 6 weeks. I now wear size 30 jeans from size 38. Thanks, Mike."

Art Correnti



Call Today & Make Your Dream Come True!

415-821-7268

6	Michael Thurmond's
WEEK	BODY MAKEOVER™
501 SECOND STREET SAN FRANCISCO 94107	

VISA

MASTERCARD

The New Fillmore Bookshelf

The Latest at Browser:

Happy anniversary Columbus

"The Dogs of Paradise"

by Abel Posse. Translated from the Spanish by Margaret Sayers Peden. Atheneum, 1989. 301 Pages, \$19.95. Reviewed by Mark Mitchell

With 1992 just around the corner a whole slew of books is coming out on every topic from the potential unification of Europe to the Olympics. One topic that is sure to get a lot of interest is the five hundredth anniversary of the voyage of Christopher Columbus. Abel Posse's novel, *The Dogs of Paradise*, leads the pack in a number of ways. It is a delightful romp of a book that gives a South American's point of view on Columbus.

Mr. Posse, an Argentine writer who has spent most of his adult life in Paris, has concocted a magical-realist feast on the theme of Spanish expansion into the New World. It is the sort of novel that, while set in the fifteenth century, can effortlessly weave in Heidegger and Rilke; Emmanuel Swedenborg and Karl Marx can appear in the hold of the *Santa Maria*.

Don't get the idea, however, that this is a heavy book, or that it is at all hard to read. It is a comic fantasy on a serious theme and most often it is amusing, sexy and somewhat silly. One character, an unemployed German mercenary named Landsknecht Ulrich Nietz, has a tendency to say things like "Courage boy. What does not kill you more strong will make you." He decides to voyage with Columbus to the earthly paradise just to make sure that God is, in fact, dead.

The book contains a lot of apparatus: a

Western Addition Library News:

Stegner study group April 4

The Western Addition Library Book Discussion Group will meet on Wednesday, April 4th at 7 pm, at the Library, 1550 Scott Street, between Post and Geary. The book to be discussed is *Crossing to Safety* by Wallace Stegner. For more information about this group, call the Library at 346-9531.

Both State and Federal income tax forms are available at Western Addition Library. Free tax preparation assistance will be provided on Saturdays April 7th and 14th, from 10 am to 2 pm, by VITA (Volunteer Income Tax Assistance) workers, on a first-come, first-served basis.

From the New Book Shelf:

The Cloning of Joanna May is the story of a woman who was the unknowing subject of a genetic experiment. At the age of 60, she learns that she has four 30-year-old daughters, as well as four "sisters" she has never met. This book is by Fay Weldon, author of *The Life and Loves of a She-Devil* and *The Hearts and Lives of Men*.

Burn Marks is the latest mystery by Sara Paretsky, an author whose popularity is steadily increasing. This title, like her other novels, features V.I. Warshawski, a smart, funny woman who

list of historical characters (so the reader won't confuse them with imagined ones), a chronology before each of the four sections, and quite a few footnotes attesting to the historical accuracy of some of the more odd or horrifying aspects of the time. Each section is named for one of the four elements and each element, in turn, informs the prose of that section. "Fire," for example, tells about the wars to drive the Moors out of Spain and the pogroms of Torquemada's Inquisition, during which a lot of people and things got burned.

The translation is fluid and graceful. Ms. Peden deserves credit for what must have been a difficult task due to the extreme playfulness of the language. She has made it feel like the book was written in English in the first place.

This is a novel of ideas, lightly told. Much of it happens on the level of the head, rather than the heart. Mr. Posse's theme is that the modern world, with all of its ills and excesses, emerged from the voyages of Columbus and the wars of Isabel. Because of this, the modern world is enfolded into the narrative, so the *Andrea Doria* will pass the *Santa Maria* in the night, and Ferdinand and Isabel have an elite guard known as the S.S. This sort of thing works to tease the reader's mind into putting the past and the present together.

Mr. Posse tells us about his Columbus: "Cristobal thought himself a poet, and he knew that in order to gain lasting value any great adventure—private or public—must end as a great book."

Well, with *The Dogs of Paradise*, Cristobal's dream has come true.



Your Neighborhood Grocer

by
Enrico Caccia of Enrico's Meats at Grand Central

About that Easter ham

Ham and Easter are two things that go together about as well as ham and eggs, just not as often. I know at my meat department at Grand Central and all the other stores I really have to start stocking up on ham for my customers for Easter time. I get my hams from back in Iowa, where they really know how to raise pigs to produce the best pork you can get anywhere, and really great hams.

We have basically three types of ham that we offer our customers; boneless, which is water added, and the traditional ham with the bone in which comes regular smoked, or smoked with a honey glazed flavor.

The water is added to the boneless ham to increase the tenderness and juiciness, and is a favorite year round. However come Easter my customers seem to like to go all out for the traditional ham, particularly the one that is honey glazed.

I have my own recipe for an Easter ham which I really enjoy and want to pass along to you. Actually, it is for a boneless ham, weighing 4 to 5 pounds.

In addition to the ham you'll need a pound of canned black pitted cherries, a couple of oranges, a lemon, a teaspoon of ginger, a cup of dark brown sugar, a cup of dry sherry wine and an ounce of brandy.

First drain the juices from the cherries into a saucepan, and blend the juice with the pulp and juice from the oranges

and the lemon. Then add the sugar, ginger and sherry, mix it all well together until the sherry dissolves. Then put the ham in a baking pan and pour over the warm sauce. Then the ham goes into the oven. Bake it slowly, allowing about 25 minutes a pound. Baste it frequently, and then, about 20 minutes before its time to take it out of the oven, pour the brandy over it.

When the ham is done pour the pan juices into the saucepan and bring it right up to the boiling point, but don't let it boil. Add the cherries and let the sauce simmer for about 5 to 10 minutes, keeping the ham warm in the oven.

Slice the ham into 1/4 inch slices, and serve with the sauce and cherries. And have a happy Easter!

Grow your business!

**Advertise in
The New Fillmore**

Call 931-0515

Easter Sale!

Assorted Case Sale

50% off

wine inventory

when purchased in 12 bottle assorted cases.

Single Bottle Sale

30% off

marked price

3 days only

Thurs. April 12 Fri. April 13 Sat. April 14
Extensive selection of fine California Chardonnays and Cabernets

Hollow Cow Deli & Wine Shop

Corner of Greenwich & Steiner 563-9841

The Ark



Toys, Books, and Crafts
Sacramento • San Francisco
2986 Washington Street
San Francisco • 673-2529

SPRING SALE APRIL 17-30

CRAFT CLASSES

FOR CHILDREN AND ADULTS

PLEASE CALL FOR SPRING NEWSLETTER

Opening Hours: Mon-Fri 10-6, Sat 10-5



Fillmore Finance

By
John Ohmer

Understanding your financial life

In my last column, I began to explain the basics of financial planning to show you what's involved and what results. For that purpose, we divided a financial plan into six parts. Each part is an important financial area that must be dealt with during your financial life:

Your present financial situation

Having adequate protection

Accumulating wealth

Managing income taxes

Planning for retirement

Preserving wealth

Understanding your present financial situation is the first step in the planning process. In this column, we'll discuss briefly how to do that, and then we'll go on to the next concern—having adequate protection.

An examination of your own financial situation may not seem like a major accomplishment. It is. Part of the reason is that many, many people really don't have a clear idea about their financial picture. Once a year, when they fill out their income tax forms, they get a snapshot of their present financial position. But that's only a start.

With the help of a financial professional, you can better understand your present financial position. For example, do you know your current net worth? How much has your net worth increased in the past five years? How much does it need to increase in the next five years to get you where you want to be financially?

What is your present cash flow situation? Are there mystery expenses that can be better managed? What is your monthly discretionary income? How well do you manage this income to achieve specific financial goals?

In addition, you should try to determine how prepared you are to meet emergency needs. If unexpected expenses or opportunities present themselves, are you in a financial position to deal with them without upsetting your present financial situation?

Finally, if applicable, it is important to determine the value of your business.

State Farm, the people best known for car and home insurance, was just rated the best for life.

When Best's Review, one of the insurance industry's most authoritative publications, ranked life insurance companies by policy performance — dividends actually paid to policyholders over the last 20 years — State Farm Life was at the very top* State Farm Life's whole life policies outperformed those of every other major company.

Of course, that superior performance didn't surprise people who already own State Farm Life insurance.

They knew it all along. This is another example of State Farm's continued commitment to provide the very best value possible to its policyholders.

For the Best in life insurance call:

**DOUG LEHR, Agent
931-6111**

2316 Fillmore St.

Like a good neighbor, State Farm is there.

STATE FARM LIFE INSURANCE COMPANY Home Office: Bloomington, Illinois

*Ranking based on \$10,000 and \$25,000 whole life policies issued to a male age 35 in 1989, using interest-adjusted payment and surrender cost indexes (actual).



Doing so may have important retirement planning and estate planning implications.

Based on your present financial position, you can begin to map out your financial plan. The foundation of your financial plan is determining whether you have adequate protection.

Let's look at the five basic areas of protection:

Providing for dependents in case of death

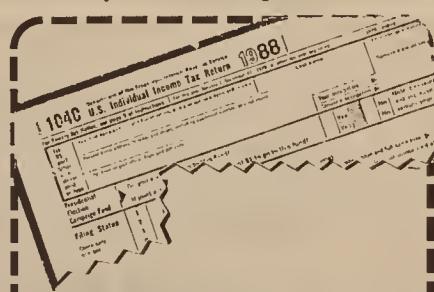
It is important to determine the financial loss of a deceased's future earning power that would have been available for the benefit of his or her surviving dependents. Also, what costs and other obligations would arise at death? What increased expenses would there be for the family? What tax advantages would be lost?

Replacing earning power if disabled

Many people who make provisions for their death do nothing to ensure income should they become disabled. How much income would you need, and for how long, in case of an injury or illness that would prevent you from working? Given the wide range of possible durations of total disability, how can you effectively manage this risk in your financial life? It's an issue not to neglect in your financial planning.

Protecting your ability to pay a mortgage and meet accumulation/education goals

A loss of income in case of death or disability is bad enough. But when a



TAXES

We can show you how better records and better planning can save you money. If you would like to talk taxes, call us.

COMPREHENSIVE*

Business Services

**LIONEL E. MAYRAND
1734 DIVISADERO STREET
921-2347**

BOOKKEEPING CONSULTING
AND
TAX SERVICES

catastrophe occurs, it can ruin your financial goals and objectives. All of a sudden, your emergency funds can be drained, you're not saving money to meet future objectives, like not being able to make contributions to your children's college fund. A financial plan can help you make the best decisions to ensure that your objectives can still be met under all circumstances.

Property and Liability Losses.

All families are exposed to the risk of property and/or liability losses. For planning purposes, it is helpful to consider property and liability exposures separately because different approaches may be used for each. Financial planning decisions need to be made about how much of a property or liability loss exposure should be assumed and how much insured.

Planning for business continuation

If you do own a business, you need to be sure that it can continue to operate if you die or are disabled. Your financial planner can suggest ways to make sure that can happen.

We've covered in this article the first steps toward completion of your own financial plan. In my next column, we'll discuss ways to start accumulating wealth.

John S. Ohmer, a neighborhood resident, Personal Financial Planner and Registered Representative, works with IDS Financial Services, and is a member of the International Association of Financial Planners.

The number you need for your financial needs.

There's one simple source for taking care of your personal financial planning as well as business planning needs. Call John Ohmer

at

296-0922

Suite 1919
1 Maritime Plaza SF, CA 94111



Grow your business!

Advertise in The New Fillmore!

Call 931-0515

Bedell Investment Counselling

The Objective Second Opinion On All Money Matters

- No commissions
- Independent money management for individuals and companies
- 19 years professional experience
- SEC Registered Investment Counselors

932-0344

INTRODUCING

TotalPact Plan

THE ULTIMATE PACKAGE IN DEPOSIT AND LOAN SERVICES.

- Higher interest on our special time deposit
- Discounted interest rates on selected consumer loans

Ask about these benefits and more at any Sumitomo office near you.



Sumitomo Bank
Sumitomo Bank of California
Member FDIC

Japan Town Office: 1696 Post Street

The Gift

This woman I met is drop dead gorgeous.

The first time I saw her was at the makeup counter of Neiman Marcus on Union Square. I wouldn't have been caught dead in the place but my mother's birthday was the next day and I wanted to find her a real cool present. Something that would make her feel good. She was turning fifty and had been kind of a wreck lately so I thought of getting her some of that blush stuff that makes a woman's cheekbones look bigger. I knew it was important to her because sometimes she'd suck in her face like she was trying to look like a movie star or model or someone other than herself. I thought it was a pretty strange thing to do but she's a woman and I don't understand them anyway.

So, there I was looking like a real dweeb waiting for a sales person to show up. The perfume was so thick in the air I started to feel dizzy and wondered why there's never anyone to help you when

you really need it. I wandered past endless counters of powder, lipstick and lotions. Countless women huddled awkwardly in front of tiny mirrors which gave them a bizarre, hunchbacked appearance.

As fate would have it, I finally stopped at a counter where this super gorgeous classy type was being waited on. She looked oddly at home in this situation, like she actually enjoyed being there.

"Do you happen to have any waterproof mascara?" She asked in one of those accents used by TV stars who live in mansions and are served fancy meals by butlers who look like they got stoned on some pretty heavy killer weed.

The saleslady had some kind of weird accent, too, and black shiny hair that curved under her chin. Her lips were glossy red and looked like they'd been injected with some special stuff.

"No m'am, I'm sorry but we don't carry that in the winter season," the saleslady apologized, her red lips forming an O then spreading into a wide grin that reminded me, uncomfortably, of the fake smiles that the Joker had inflicted on his pretty victims.

"Of course, I understand," the woman said, "it's just that my husband and I are planning a trip to the Caribbean for the holidays and I'm sure we'll go diving. John is so obsessed with all the colorful sea life. And I, of course, love to go with him because it's such an absolute bore to just lie on deck and take in the sun like a

*She was a universe
herself, and there
seemed to be so much to
explore, but I couldn't
even touch it...even
sitting across the table
from her, I might as
well have been light
years away.*

lazy sponge."

The saleslady was fighting back an impatient sneer but the woman didn't seem to notice as she began busying herself looking for something else to buy.

"Can I help you?" She snapped, her day heading for hell.

"Yeah, sure I guess. I'm looking for this blush stuff that makes your cheeks look bigger," I blurted out, feeling like an alien from Mars.

The woman turned and looked at me with an amused expression. I could feel my palms get sweaty and hoped my neck wasn't going to break out and look like it had hickeys all over it.

"I have plenty of blush. What color would you like?" The sales-lady asked, while rummaging through the little compartments behind her.

"It's not for me—I mean, it's a present for my mom." I tried to explain by sucking in my cheeks to get the point across. My whole shopping experience was turning into a nightmare and I hated the fact that this fantastic woman was witness to the whole embarrassing mess. She was really something, too. If I was from Mars, she had to be from Venus, the planet of love. She had this pale white skin like you get when you're scared shitless. You know, Freddy Kruegar style. And her hair was pulled back real tight the way serious women like to wear it.

Continued on page 22



Your IRA Ought To Compound Interest, Not Anxiety.

It's human nature to be nervous about money.

But you won't have to worry about the safety of your IRA if you move it to Wells Fargo Bank. You'll find safety in numbers, starting with #1.

America's #1 IRA Bank

With over \$3 billion in IRA assets and 300,000 accounts, Wells Fargo is the #1 IRA bank. Not just in California, but in the entire country. You can select from over a dozen investment choices: investment funds, insured deposits, stocks, bonds, and more!

138 Years

Wells Fargo holds the longest unblemished record for safety of any California bank. In our 138 years, no depositor has

ever lost a cent—even before the FDIC.

No matter when you're planning to retire, you know Wells Fargo isn't.

Over 600 IRA Specialists

Wells Fargo offers a team of over 600 retirement specialists trained in IRA transfers, investments, rollovers and distributions. One easy-to-read statement tracks all your contributions and rollovers separately to help avoid IRS hassles.

1-800-BEST IRA

For an easy way to transfer your IRAs to Wells Fargo, simply call our specialists toll-free at 1-800-BEST IRA (1-800-237-8472) press 3.

We'll mail you the forms and handle the details—from contacting your present IRA institution to calling you

when the transfer is completed.

Or visit any of over 450 Wells Fargo offices.

Count me in! Send me an IRA kit and

transfer forms. (One form for each account to be transferred.)

I currently have a Wells Fargo IRA.

I plan to transfer stocks and bonds.

Name _____

Address _____

City _____

State/Zip _____

Mail to:

Wells Fargo Bank,

Easy IRA Transfer

P.O. Box 63015,

San Francisco, CA 94163

1-800-BEST IRA (1-800-237-8472) press 3.

Gift

from page 21

She had those cheekbones my mom would have killed for, too. I thought of asking her what kind of blush she used but figured that would be a bad move so I opened up my wallet and pretended to check out my money situation. I knew exactly how much I had. I always knew. And, it was never enough.

Suddenly there was a loud crash.

"Oh, my God. I'm terribly sorry. How clumsy of me." The woman apologized and knelt down to clean up the broken glass.

"Here let me help," I said, like the Sir Galahad of department store madness.

"Don't touch it! I'll get someone," the saleslady yelled. She reminded me of my Aunt Beth. Their noses were exactly the same. Much too big for their faces.

Unfortunately, during my heroic effort I nicked my finger and a few small drops of blood began spotting the marble floor.

"Take this" the woman said, offering a silk handkerchief. It was delicate and expensive looking with monogrammed initials that twisted together in an intriguing way. I mean this was a different handkerchief altogether than the one my eighth grade teacher, Mrs. Bartham, had stuffed up her sleeve and, sometimes, into that dark place between her breasts.

I felt pretty stupid bleeding all over the floor with this total stranger staring at me like I was going to faint or something. True I had never been able to stomach the sight of blood and figured women were just born being better at such things. But, this wasn't the time to turn into a major wimp.

"Are you all right?" The woman asked, a few strands of hair coming loose.

"Fine. Just fine," I lied, and thought about my girlfriend, Jennifer, who was

probably starting our spaghetti sauce for dinner that night. She'd always told me that a good sauce should simmer for hours. And she believed in adding lots of basil and garlic like some Italian mama had shown her the year she lived in Italy. After dinner we'd listen to Brazilian jazz and get lost in the pillows on her couch. Then, maybe we'd make love depending on how messy her apartment was. She never wanted to get into it if her place was all junked out and sometimes I got the uneasy impression that she left it that way on purpose. Jennifer wasn't the most passionate girlfriend I'd ever had but she was consistent and made me laugh a lot.

The woman stood there looking at me, a concerned expression on her face, long, thin fingers holding tight to the strap of her leather bag. "Can I buy you lunch? You should eat something after cutting yourself like that. By the way, I'm Elizabeth."

"Michael" I replied, reaching for her hand.

"Well, Michael, what do you think? A little lunch?" She invited, and checked me out in a way that I thought for a moment could have been a come on but it was probably just my ego bending the facts for my own benefit.

"Yeah sure, I could go for some lunch," I told her, remembering the summer days spent at Bubbas Burgers and how they probably deterred my natural growth process towards adulthood. There had been many girls, of course, who talked about their hair a lot or clothes and sex. Their voices shrieked so loudly sometimes I thought my eardrums would burst into a thousand tiny pieces. It was a hideous thought but one that continued to haunt me during those milkshake days.

The restaurant was on the top floor. As I rode up in the escalator with Elizabeth

Continued on page 24



Brand name clothing.

But not brand new prices.

Goodwill Industries has the next-to-new brand name clothing you want. At prices you'll like.

Come in. Browse around. Then show a little goodwill.

Because, the money you spend with us, we spend training the disabled for work.

Goodwill Industries

With your help, our business works. So people can.

Fillmore Store: 441-2159

1700 Fillmore St. (at Post)

Geary Store: 922-0405

822 Geary St. (at Hyde)

10th St. Store: 252-1677

241 10th St. (btwn Howard & Folsom)

Mission Store: 826-5759

2279 Mission St. (at 20th)

Westlake Store: 992-1720

33 Southgate Drive

San Rafael Store: 456-5273

809 Lincoln (at 3rd St.)

Westlake Annex: 756-9748

65 Southgate Drive

St. Mary the Virgin Episcopal Church

Union & Steiner • 921-3665

SERVICES FOR HOLY WEEK AND EASTER

PALM SUNDAY

8:00, 9:00 & 11:00 a.m.

MONDAY IN HOLY WEEK

6:00 p.m.

TUESDAY IN HOLY WEEK

6:00 p.m.

WEDNESDAY IN HOLY WEEK

7:00 a.m.

MAUNDY THURSDAY

10:00 a.m.

8:00 p.m.

GOOD FRIDAY

12:00 noon - 3:00 p.m.

2:00 p.m.

EASTER EVE

8:30 a.m.

8:00 p.m.

Alleluia

EASTER DAY

8:00 a.m.

9:30 a.m.

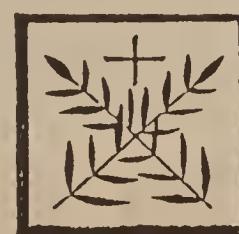
11:15 a.m.

APRIL 8

Blessing of the Palms & Eucharist

APRIL 9

Eucharist



APRIL 10

Eucharist

APRIL 11

Eucharist

APRIL 12

Eucharist

Eucharist and stripping of the Altar

APRIL 13

Meditations, prayers, readings

Good Friday Responses,

by Tomas Luis de Victoria

performed by the Adult Choir

Stations of the Cross

APRIL 14

Service of Reconciliation

The Great Easter Vigil with Blessing of the Paschal Candle and the Renewal of Baptismal Vows, ending in the first Eucharist of Easter

APRIL 15

Adult Choir, brass, timpani

Youth and Children's Choirs, brass, timpani

Adult Choir, brass, timpani

CALVARY PRESBYTERIAN CHURCH

2515 Fillmore St. at Jackson 346-3832



HOLY WEEK 1990

PALM SUNDAY - APRIL 8

8:45 & 11:00 a.m. Service of Worship

Sermon: "Your Other Vocation: Called to Be Saints"

The Reverend James G. Emerson preaching

9:45 a.m. Church School

MAUNDY THURSDAY - APRIL 12

7:30 p.m. The Sacrament of Communion

The Reverend Robert E Conover preaching

Chancel Choir singing "The Short Mass" by Adrian Batten

GOOD FRIDAY - APRIL 13

12:00 - 1:30 p.m. Good Friday Meditations

"The Seven Last Words of Christ"

8:00 p.m. Concert with Calvary Choir, Orchestra, and Soloists in a performance of Haydn's "Seven Last Words of Christ" and "The Creation, Part III" (Freewill offering; Child care available)

RESURRECTION DAY - APRIL 15

8:00 a.m. The Sacrament of Communion

The Reverend Robert E Conover

8:45 & 11:00 a.m. Resurrection Day Services

with Calvary Choir and Soloists performing compositions by Schuetz, Vaughan Williams, Mozart, Gabrieli, Bodenschatz and Purcell

Sermon: "Changes of the Heart"

The Reverend James G. Emerson preaching

Child care available Sundays and Maundy Thursday

New Neighbors



Alan Torrado and Chris Watson at their new floral shop, HANAMAI

Here are Alan Torrado and Chris Watson at their new store, HANAMAI, on Steiner between Bush and Sutter, next to Neecha's restaurant on the corner. HANAMAI is a Japanese word which literally means "dancing flower," and refers to the drift of petals as they drop from flowers and meander to the ground. What a nice image! Alan and Chris are practitioners of the Ohra school of Japanese flower arranging, a branch founded in the last century to accommodate western flowers into the native Japanese

garden. HANAMAI, the store, by their own bald admission, seeks to integrate modern and traditional approaches from both cultures in a nouveau quadrinity. Besides being a retail store, HANAMAI does a lot of special events, weddings, etc. The store also contains a variety of flower containing crafts such as vases, by far the most singular and most local being odd pieces of the tower of St. Dominic's church which have been taken down as a result of the recent 7.1, some being put up for sale in the store.

Laserman

from page 11

nology) will bring a lot of happiness and wealth in the long run but a danger of total destruction is closer than ever."

The director also wanted to make a comment about cultural identity in today's America. In commenting on Arthur's Jewish mother who believes she has a Chinese soul, Wang wanted to point out that today people can swap their identities. "It's like in theatre, you have different opportunities to act different roles, if you really like a particular role, a particular culture, you can stay

in," Wang commented. "You can adapt other people's cultures, the mother is for real; she may be funny for other people but she firmly believes in it."

Although sometimes disjointed and with production values that could use a bit of polishing, "The Laserman" is an amusing film with an important message.

Rhonda Abrams, the New Fillmore's resident film critic, grew up with a love of the movies. She saw her first movie, "Lady and the Tramp", at age four and has been hooked ever since. While at UCLA, she studied film history. Rhonda can be heard reviewing the latest films every Friday, at noon, on KNBR.

QUALITY BLACK & WHITE FILM PROCESSING BY HAND

120, 35 MM	\$6.50
4X5	\$2.50
8X10	\$6.00
PROOFS	\$2.50
EXTRA PROOFS	\$1.50 EA.
INTERNEGS	\$10.00 EA.
COPYNEGS	\$13.00 EA.

CUSTOM REPRO OR VIEWING QUALITY PRINTS

SIZE	RC	FIBER
5X7	\$7.50	\$14.00
8X10	\$9.00	\$14.00
11X14	\$15.00	\$20.00
16X20	\$30.00	\$40.00
20X24		\$65.00

Same day or next day rush charge: 100%. Portfolio or exhibition printing welcomed. Prices quoted individually. Call for multiple print pricing.



2638 POST STREET
SAN FRANCISCO, CA 94115
931-2543

SAINT DOMINIC'S Church
2390 Bush Street
San Francisco, CA 94115
415/567-7824

The Dominican Friars and the entire Parish Community at Saint Dominic's would like to invite you to celebrate the Risen life of Our Lord Jesus Christ during this Holy Season. For more information about any of the following services, please call our Parish Office.

Sunday Schedule:

Saturday Evening at 5:30 pm

Sunday Morning at 7:30 am, 9:30 am,
11:30 am, 1:30 pm (en espanol), 5:30 pm

6:30 am & 8:00 am (& 5:30 pm during Lent)

Weekdays:

April 4, 1990: Penance Service at 7:30 pm

April 8, 1990: Palm Sunday with the regular schedule

April 9, 10, 11, 1990: Monday, Tuesday, & Wednesday of Holy Week

follow the regular schedule

April 12, 1990 HOLY THURSDAY

9:00 am - Tenebrae

6:30 pm - Mass of the Lord's Supper with Adoration
of the Blessed Sacrament following.

11:30 pm - Night Prayer & closing of the Church

April 13th GOOD FRIDAY

9:00 am - Tenebrae

12-1:30 pm - Meditations on the 7 Last Words of Jesus
1:30 pm - Liturgy of the Lord's Passion & Death

3:00 pm - Confessions - 7:30 pm - Stations of the Cross

April 14, 1990 HOLY SATURDAY

9:00 am - Tenebrae - 3-5:00 pm Confessions

April 15, 1990 EASTER SUNDAY

5:00 am - Solemn Easter Vigil

Easter Day Masses at 7:30 am, 9:30 am, 11:30 am,
1:30 pm (en espanol), & 5:30 pm



He has risen. alleluia



More Gift

from page 22

I thought of my mother's birthday. I could see her opening brightly wrapped gifts from every family member but me. The very son she had busted her ass to put through college. The son whose bad jokes she still had hysterics over even after the zillionth time of hearing them. So, what's the punchline, she'd ask, and then start in all over again. I often wondered where the seed of her laughter had originated from. It hadn't been easy raising two kids after the divorce. Maybe it was Johnny Grigsby, the boy she had loved during her school days who had taught her that humor could survive the worst darkness. It hadn't been Dad, that's for sure. He didn't have a clue. His only reason to live was this slinky exotic type with a thick mane of hair and killer bod who called herself Deborah D. She was good at pretending to have a personality and Dad liked her because she went well with his red corvette which he loved even more than her.

When we entered the restaurant, I suddenly wished I was dead. I was expecting cafeteria style but instead it was this ritzy room with chandeliers and white linen. To make matters worse, I was in my usual attire of bomber jacket and worn out jeans with holes in the knees. Not a pleasant sight. Even the waiters wore suits with white starched shirts and looked like they were going to the symphony or something.

A tall, duded up guy with a thin black mustache appeared out of nowhere to seat us. "It's good to see you again, Mrs. Rathman. Your usual seat by the window?"

Elizabeth nodded and touched me lightly at the elbow, guiding me in as if she sensed that I wanted to turn and run in the other direction. We were seated in the far corner and had a killer view of

Union Square. It was pretty awesome and reminded me of the night Dad took us out for my birthday to this real cool French place. They even had our names engraved on the matchbooks. The portions were small like they usually were when Dad took us anywhere but everything tasted great with lots of complicated flavors and all. The downer of the evening was when my sister, Meg, got sick in the bathroom from too much wine. I never told anyone because Dad would cut her off the next time he took us out if he knew.

"Can I get you something from the bar?" The waiter asked, in a nonchalant GQ kind of way. I glanced over at Elizabeth trying to feel out the situation.

"After you," I suggested, faking a polite attitude.

"Thank you, Michael. I'll have a martini with two olives, please." Elizabeth told the waiter, an air of confidence thick around her.

The waiter turned in my direction. "Double stoli on the rocks with a twist." I said with the same casual indifference everyone else was throwing around. In one brisk movement he had recorded my request and was on his way. Strangely, I felt in control again although I couldn't imagine that we had enough in common to carry us through an entire lunch. I thought of Jennifer and the way she had a habit of tossing back her long, dark hair. She was probably wearing that silly apron that says, one man in the kitchen is worth two in the bedroom, and getting ready to test the sauce.

The waiter returned with our drinks and I ordered a rare roast beef sandwich au jus, the only thing on the menu that sounded substantial enough to pass for something other than an appetizer. Elizabeth ordered an arugula lettuce salad with pine nuts and sun-dried tomatoes.

"So, Michael, what do you do? Are you

in school?" She questioned, her long, elegant fingers playing with the edges of a linen napkin.

"I just graduated from Columbia where I majored in business. That's my Dad's gig. I guess he figures what's good enough for him...what about you?" I threw the ball back in her court feeling her life to be the more exciting one.

"Well, I travel with my husband whenever he can get away. He's a surgeon so there often isn't much time for that. I belong to quite a few volunteer organizations and tend to get preoccupied with social affairs. It's all very silly, I suppose, when one considers the many problems in the world."

"And shopping" I added, having gained a feisty edge from the double Stoli.

"Yes, I do enjoy it but not because of spending money. It's a sensual experience for me. I absolutely love to immerse myself in all the textures and shades. The luxurious scents from faraway places,

the fine dusty powders and rose-colored lipsticks.

"Like being an artist" I suggested, proud of my observation.

Elizabeth laughed but it was more reserved than mother's joyous abandon. "I guess my body would be a canvas in that case."

As our lunch arrived I wondered what her body looked like beneath all the expensive clothes. It was probably rounder and more voluptuous than Jennifer's boney frame. There were a few moments of silence and I wondered if it would impress her that I'd minored in

Continued on page 25

Pacific Heights
TRAVEL
SERVICE
INCORPORATED

Are you ready for a sun drenched beach vacation?
Tired of Hawaii and Mexico?
Want a little foreign flavor mixed in with crystal clear water and white sand beaches?



Try the Caribbean...

Call our Island expert, Paula, for information on all the 'hottest' spots.

931-8000

Est. 1980

2211 FILLMORE STREET
(At Sacramento)

Mon-Fri: 9-5 pm Sat: 10-2 pm

CLEAN SWEEP

Fast, efficient, reliable cleaning service

Offices, homes, studios, and apartments

Free estimates

Great references

922-2735

10% Off
with this advertisement

GREAT CITY DELI
Kharsa Brothers Proprietors

"FALAFIL BURGER KING"

A Vegetarian Delight

"Billie" Award for best falafil in San Francisco!

Italian Charcoal Burger w/home fries

Shis-ka-bab w/taboulli, houmus, and tahini

Home cooked fresh turkey

Home baked fresh spinach pie

Special vegetarian plate with falafil, houmus, taboulli, tahini, eggplant salad and dolma, pita bread on the side.

All this month:
Special low price lunch
everyday including
home made soup

1801 Divisadero Street (at Bush) 931-5455



The Queen Anne

Forty-nine gracious rooms from \$94. Complimentary continental breakfast. Afternoon Tea & Sherry. Conference facilities. Minutes from Union Square. Some rooms with fireplaces. Ask about our neighborhood rate. 1590 Sutter at Octavia, San Francisco. For reservations call 415-441-2828.

And more Gift

from page 24

would impress her that I'd minored in astronomy.

How fascinating would she find it that I had my very own high-powered telescope that could penetrate the stars and planets? She was a universe herself and there seemed to be so much to explore but I couldn't even touch it. Elizabeth Rathman was the kind of woman that can only be viewed from a distance. And even sitting across the table from her, I might as well have been light years away.

After paying our check, she hesitated for a moment then opened her leather bag again. "There's something I want you to have. She smiled in her cool, seductive way and handed me a silver compact. It was heavy like real silver should be and expensive looking. "Give this to your mother."

I tried to protest but she placed it in my hand and wrapped my fingers around it taking care not to include the one I'd sliced up.

"You need a lovely gift for her and I've taken up all your time. So, please take it. I bought it today before we met and it has two shades of blush. Tell her you chose it and we will have our own secret," Elizabeth said, looking extremely pleased with herself. She clicked her purse shut as if to emphasize that there would be no argument.

I thanked her, then assured her that my mother would love it and, more than likely, question where I had suddenly acquired such great taste.

We said good-bye in front of the department store and as I watched Elizabeth walk away, I felt like a galaxy of secrets went with her. And, there was this sadness for something I had just lost but couldn't quite comprehend. I thought of mother's gift and the strange way things can come to you when you don't expect them.

Walking to the bus stop I tried to figure it out, and all I could think of was how I couldn't wait to get back into my girlfriend's arms.

--Laurie Irving

Laurie Irving is a fiction writer who lives on Pine Street.

Access

from page 18

You may develop a regular relationship with a doctor there and use that doctor as your primary care physician, or choose to use other doctors at Access if something comes up and the doctor you regularly use doesn't happen to be available.

"The approach has been designed to provide patients with the optimum in convenience and flexibility," Jeff said.

"We're definitely convenience, but we're definitely more than that," says Dr. Ronald Fong, a primary care physician on staff at the Union Street facility four days a week. "People may come in at first thinking we're just a quick clinic and are surprised at the full in depth range of services we offer for continuing care."

The Union Street facility is backed up by two other locations, one downtown at 26 California, which has treatment rooms for a staff of 45 medical specialists who hold office hours there, and a self-contained unit at Davies Medical Center at Castro and Duboce, which Access is affiliated with. Union Street has recently added obstetrical and gynecological services on site.

If a primary care physician determines that a particular specialist is needed, an appointment with a specialist can frequently be made within the system that day, often at the same location. So if you come in with an eye infection or a skin problem the internist who examines you may send you across the hall to see an ophthalmologist or dermatologist.

Access provides a wide range of specialties for urgent and ongoing care. In addition to internal medicine, Access provides treatment in orthopedics, urology, pediatrics and plastic surgery as well as other specialties.

Dr. Fong says he enjoys working at the Union Street location because the environment is "pleasant and homey," and allows him to practice a "more personal kind of medicine." Even when the patients come into the facility on a drop-in basis, he says, "they can count on us for most all of their health needs, and we can give them the time and attention they deserve."

Video

from page 11

cult classic, *Sunset Boulevard*. (MCA 107 min.)

"Bacall on Bogart" includes home movies of the Humphrey Bogarts with their family and friends, often at play on the Santanans, their yacht—as well as behind the scenes footage of their arrival on location for *The African Queen*. Rare footage from early in his career shows performances with Mona Maris in *A Devil with Women* (1930, his first film, plus a short with Ruth Etting), as the villain in black in *The Oklahoma Kid* (1939), a zombie in *Return of Dr. X*, a Mexican bandito in *Virginia City* (1940) and a comedy with Zasu Pitts, *It All Came True*.

The Maltese Falcon presents comparable scenes from the 1931 and 1936 versions, plus a visit to the Warner Bros. prop department. Screenwriter Julius J. Epstein and Ingrid Bergman discuss the making of *Casablanca*. Outtakes from *The*

Big Sleep and *Treasure of the Sierra Madre* prove most interesting. Director-screenwriters John Huston and Richard Brooks share vignettes about working with Bogie.

His years as an independent filmmaker were cut short by his terminal illness. Budd Schulberg talks about Bogart's final role, as the sportswriter in *The Harder They Fall*. Costume tests and TV footage help round out this chance to get to know more about Bogart the man, through his work from his friends and coworkers, and, of course, the woman who knew him best, his wife for the final years. His legacy of 75 films in his 57 years is enhanced by this documentary. (Turner 90 min.)

Don Lee Miller has covered the Bay Area entertainment scene for the past 14 years, including seven years for *The Hollywood Reporter*. He has hosted TV movies; interviewed celebrities for TV, radio and print; and reviewed films for international, national and local magazines.

We've been
helping pets
back on their
feet for 43 years,
24 hours every
day!



A Non-profit Veterinary Hospital and Shelter

- Dogs
- Cats

Call 563-6700.



New Fillmore Neighborhood Directory of Professional Services

Attorneys

CYRUS E. FRANK

Attorney at Law

Corporations & Partnerships
Family Law
Personal Injury
Wills and Trusts

3236 Sacramento 346-3366

Roger M. Hughes

• Wills and Estates
• General Business Law

1255 Post 776-7677

Dentists

JOEL LUEDEKE

General Dentistry

dentistry for the nineties
... and beyond

450 Sutter, Suite 2018 956-1877

Tax Consultant

Randall Willens, CPA

M.S. Taxation
Former Gov't Tax Agent

• Tax returns & tax planning for individuals
• Corporate tax planning & tax returns—
state, federal & foreign

San Francisco 346-6316

Therapists & Counselors

Don Propstra, M.A.

MFCC License MJ13494

Specializing In
Fear Of Success Issues

1537 Franklin 928-3848

Henry T. Stein, Ph.D.

- Adlerian Psychotherapy
- Couple & Family Counseling
- Career Assessment & Guidance
- Human Relations Consulting

California at Lyon
MFC Lic. 8903 567-4729

Women's Counseling

Co-dependency
Relationships
Anxiety
Parenting
Depression
Career issues

Sliding scale - Insurance accepted
3109 Fillmore, #203 922-7773

INDIVIDUAL AND COUPLES COUNSELING FOR PEOPLE IN RECOVERY

MICHAEL NORONHA, Ed.D.
MFC 16508
CALIFORNIA ST. AT STEINER
221-5110

SPECIALIZING WITH PEOPLE
RECOVERING FROM ALCOHOL
AND DRUG DEPENDENCE



Jay Alan Rothstein

Practice limited to Federal matters

- Administrative Law
- Aviation/Maritime
- Federal Crimes
- Federal Litigation

391-4221

Free Initial Consultation

**LIST YOUR PROFESSIONAL
PRACTICE IN THE NEW FILLMORE
NEIGHBORHOOD DIRECTORY
OF PROFESSIONAL SERVICES.**

When it's time for a change...

Michael Bettinger, Ph.D. Psychotherapy

Specializing in relationship issues;
sexual addiction; and the legacy
of a dysfunctional family

Individual, Couple & Group Therapy
insurance/sliding scale/lic# MFC12491
563-6100



**Kirwan
Construction**

- Structural Repair
- Interior
- Exterior
- References Available

821-6680

License No. 405514-B



2000 POST

Make the Fabulous New Fillmore Your New Home!

- Short or long term rentals (ST, 1 or 2)
- FREE fitness center and aerobics
- FREE pool, spa and sauna
- Convenient public transportation to downtown
- Secure parking available

922-2006
Open daily 10-5 ■ Sunday 12-5

HOUSE HISTORIES

for Personal Pride Landmarking Correct Restoration Investment Tax Credit

Anne Bloomfield 922-1063

Advertise Your Listing In The New Fillmore Call 931-0515!

Great Old Houses # 59



High Renaissance art on Broadway -- The Sacred Heart Convent, a mansion originally owned by James Flood.



Doug Shaw
Real Estate Associate with
Colonial Realty
has
The experience to sell
YOUR
"New Fillmore"
Real Estate

- CONDOMINIUMS
- HOMES
- COMMERCIAL
- INCOME
- LEASING

Call Today For A Free
Property Consultation:

776-9500

"New Fillmore Real Estate Specialist"
More Sold Than Any Other!

"Society" couldn't resist such wealth. The S.F. social scene was different from that in the East. The men who came out for the gold rush by and large were seeking fortunes because they didn't have any and were not content with their lives. Out here some made lots of money, by finding gold, or by purveying goods and services to those who sought it, or by manipulating the money, trade and real estate to run the goods and services. Such self-made men and their wives made up local society. The wives very quickly learned to arbitrate taste in clothes, entertaining, etc.

As second generation wealth, James L. Flood's money was as old as most others on this coast, at least by 1912-1914 when he built what might be a Roman palace of the High Renaissance, complete with interior court.

Here on Broadway, set back almost enough to appreciate it properly, we see a perfection of proportions, an uncluttered graciousness hardly equaled anywhere else in the City. In comparison our beloved City Hall, under construction at the same time, suffers ornamental overload.

This one is a subtle composition. The roof overhang creates exactly the right shadow, with a perfect gentle slope above. The string course that continues third floor window sills perfectly divides the building into unequal upper and lower sections. The rhythm of window openings combines textbook vertical line-up with just the right variety to spell interest. The limitation to one magnificent burst of ornament correctly focuses attention on the visitor's necessity, the front door.

This entrance defines High Renaissance. That's where the architects found the multiple designs on flat relief panels. It's the source of curly leafed Corinthian capitals on columns supporting a classically correct entablature. In Italy they found the spiral fluting on the columns, and you'll notice that one spirals clockwise, the other counter-clockwise, to invite you inside. Then there's the delicate bronze work of the door itself. Go and look and marvel.

Who's responsible? Other than Flood, of course, who chose the architects, gave the go-ahead and paid the bills (and the Sisters who have preserved it). Bliss & Faville.

Walter D. Bliss (1873-1946) and William B. Faville (1866-1946) were native Californians who worked several years in the New York office of McKim, Meade & White, America's leader of Classical Revival architecture. They came home in 1897 and formed a partnership for an incredibly productive quarter-century.

Continued on page 27

McCauley-Wilson Real Estate

2190 Bush Street (at Fillmore) 346-6300

BAYVIEW SINGLE FAMILY HOME \$179,000

• 3 Bdrm • Formal Dining Room • Living Room • Large Garage

BAYVIEW 2-UNIT BUILDING \$225,000

• 2 Bdrms each • Off Street Parking

NOE VALLEY EDWARDIAN, CONVENIENT FREEWAY ACCESS \$429,000

• 2 Lrg. units ideal for ownr occ. or prtnrs • Ea. has large kitchen and decor. frplce
• 3 Bdrm upper unit, 2 bdrm lower unit • Ea. has utility room and HUGE garage

3 FLATS INNER MISSION \$409,000

• 2 Bdrm, 1 Bth each • All offers must be in by 4/17
• Priced for rapid sale • Excellent for tenancy in common agreement

Keith Raskin, Agent: 282-7706

CUTE 2 BDRM IN SUNNY PORTOLA DISTRICT \$179,950

• Excellent for 1st time buyer • Fireplace
• Creative financing options Keith Raskin, Agent: 282-7706

WANTED: 1 licensed real estate agent to assist broker with his Investments, call Ben Wilson at 346-6300.

Great Houses

from page 26

They did the St. Francis Hotel, the Bank of California at Sansome and California, the Matson and S.P. buildings at the foot of Market, several clubs, grand residences. Their State Building at Civic Center, by the way, is said to be under siege from forces that want to gut and reconfigure the historic interior; the earthquake damage is knowledgeably reported to be slight, the continued closure a mystery.

On the construction of Flood's mansion, I found 14 different contracts in *Edwards Abstracts from Records*, in the first quarter of 1914 and all of 1913. Total value \$95,000, range \$1500 to \$17,000, in pre-World War I dollars. But these were only finishings, not the basic structure, which happened in 1912.

The most interesting were with American Marble & Mosaic Co. for marble work on the vestibule and its floor, Rudge-Merle Co. for the two bronze double entrance doors and frames plus three in the courtyard, Conlin & Roberts for copper flashings, gutters and the like, and Gladding McBean (still active and subject of a new coffee table book) for the colored enamel ceramic roof tiles. And you thought you had trouble with contractors!

Anne Bloomfield is a consultant in architectural history. For over 30 years she has lived in an Italianate house in the neighborhood

Tryptophan

from page 17

cortisone treated patients might discontinue the medication from time to time and try tryptophan instead, thus setting the stage for EMS.

Normally the cortisone-tryptophan connection works like this: life stress evokes an increase in cortisone, the anti-stress hormone. Cortisone activates tryptophan oxidase, which increases the rate at which tryptophan is cleared from the blood. This unbalances the pool of essential amino acids, limiting their use in manufacture of protein; this increases the amount available for energy (if needed) and also for the production of by-products. In the case of tryptophan this leads to extra niacin, which feeds nucleic acid synthesis and regenerates the antioxidant, glutathione, to cope with the cellular effects of stress.

However if cortisone is deficient, then the extra tryptophan overflows into waste products, such as tryptamine, which are known to cause high blood pressure, platelet clumping, blood vessel spasm, nerve irritation and damage and mental symptoms, including hallucinations and schizophrenia.

Eosinophilia, a high level of eosinophils in the blood, can be a sign of cortisone deficiency. Low cortisone is often associated with high eosinophils in patients with allergic, parasitic and rheumatic disease as well as in Addison's Disease, a cortisone deficiency caused by failure of the adrenal glands. It is possible that tryptophan is toxic to patients with eosinophilia counts because these patients are most likely to be low in cortisone and hence unable to process tryptophane adequately.

Adrenal deficiency causing low cortisone levels is common in many chronic, debilitating illnesses, infections, chronic bowel disease, hypoglycemia, thyroid disorder and nutrition deficiency. Vitamin A deficiency, which is not uncommon after major illnesses, can damage the adrenal glands and cause permanent low cortisone. Immune deficiency and autoimmune diseases are often associated with low adrenal activity. They have also been associated with Candida albicans, a yeast infection. One of the popu-

lar anti-yeast treatments in use today is Nizoral (ketoconazole). I think it is possible that prolonged use of this medication can cause or aggravate tryptophan-EMS because Nizoral is a powerful blocker of cortisone synthesis and thus may lower the level enough to cause symptoms in case of tryptophan supplements or high tryptophan foods. If you are taking Nizoral it would be wise to consult your physician about this new information. To be continued...

Dr. Kunin is a practicing neighborhood physician and psychiatrist, co-founder of the Orthomolecular Medical Society and author of two best-selling books, "MegaNutrition" and "MegaNutrition for Women."

On the matte

from page 13

Wear them alone or together—a real opportunity to expand your color creativity. Try a neutral color such as Semi-Nude or Bare Bisque on the entire eyelid from lash to brow. Then apply a slightly stronger color such as Willow or Almost Apricot from lash to crease. You can stop there—or add a richer shade onto the eyelid crease for depth. Highlight by applying a light shade, such as Bamboo, directly under the brow bone.

For a bit more definition, using a flat brush—such as "City Lites" #962-06, the best brush I've ever used—follow the lash line with a matte powder shadow of charcoal grey or soft brown. Apply the same color under the lower lashes for extra "oomph."

"City Lites" also has three new blushes—nude colors so soft you'd think there is nothing there. But there is—just enough to warm the cheeks and still look naked. The colors are Hushed Apricot, Hint of Pink and Next to Natural. These give you a clear, barely-there complexion. These colors blend easily without a trace of an edge or a line.

To finish off the look, there are six new creamy lipsticks that harken back to the Sixties with nude bare beiges and pinks, and warmer shades of golden bronzes and apricots. The "nude mouth" look does not mean "no mouth!" You might apply a nude shade on the center of your lips, then shade around the edge of your mouth with a deeper tone.

You'll have to play with this new look to find what works best for you. It may take some getting used to, but do try it—like Spring, it's fresh, clean and youthful. Elana Laub is vice-president of Beauty Store on Fillmore Street

Chardonnay gets.

Ed Schwartz is a well known food and wine critic and author of the Zagat Guide to Bay Area Restaurants.

RENTERS INSURANCE

State Farm's low-cost comprehensive coverage and personal service add up to real value in renters insurance.

Call your neighbor
DOUG LEHR
Agent
931-6111
2316 Fillmore St.



State Farm Fire and Casualty Company
Home Office:
Bloomington, Illinois

PACIFIC UNION

HOMES

RUSSIAN HILL VIEW HOME \$1,000,000

1st Time on Market, One of a kind offering, Best location, 6 bedrooms, 4.5 baths, 2 fireplaces, grand scale pentroom, 2 car garage. 929-7100

PRESIDIO HEIGHTS \$1,595,000

Beautiful detail, 13 rooms, 4 fireplaces, marble bath, granite kitchen, 2 car garage. 929-7100

PRESIDIO HEIGHTS \$1,195,000

Grey shingled Victorian farm house, sunny and comfortable 5BR, 4BA, garage, garden and more.

929-7100

GOLDEN GATE HEIGHTS \$885,000

Price reduction! Exquisite family view home, Great for In-Law. Approximately 4,500 square feet. Amenities, 5 bedrooms, 3 baths. 929-7100

CONDOMINIUMS

PACIFIC HEIGHTS \$1,475,000

Prestigious building, entire floor, 4BR, 3.5BA views, formal dining room, den, fireplace, garage. 929-7100

PACIFIC HEIGHTS \$950,000

New Listing! Elegant 3 bedroom, 3 bath penthouse with bay views in Pacific Heights building. Formal dining room, private roof deck, and garage. 929-7100

FINANCIAL DISTRICT \$795,000

Dramatic & spacious 2+ bedroom, 2 bath, 17 foot soaring skylights, professionally decorated. Beautiful upgrades, very romantic. 929-7100

EXCITING FILLMORE AREA \$388,000

2 bedrooms, 2 baths, 2 levels, fireplace, 3 decks, washer/dryer, parking, sophisticated contemporary, many upgrades, private entrance, landscaped courtyard. 929-7100

RESIDENTIAL INCOME

PRIME MARINA APARTMENTS \$1,750,000

NEW LISTING! 18 unit corner building, spacious units, new roof, new paint, excellent income. Parking. 929-7100

PRIME RUSSIAN HILL \$1,695,000

12 units, full floor panoramic penthouse + 11 rental units with excellent income. Parking. 929-7100

TELEGRAPH HILL \$1,250,000

1st time on market, Pride of ownership, 3 large 2 bedroom units and 2 bedroom house, deep lot, bay and city views. 3 car garage. 929-7100

TELEGRAPH HILL \$997,500

Investment Opportunity! 5+ flats, great bay views, walk to Financial District, 3 car garage. 929-7100

MARINA OFFICE

(415) 929-7100

CIVIC CENTER OFFICE

(415) 474-6600



Introducing The New Generation Of Victorians.

Experience our brand new apartments with bay windows, decks, balconies, and the extra spacious charm of Victorians plus heaters that heat, windows that open, pipes that don't leak, and floors that don't creak.

Today's Fillmore Center Victorians also offer an unprecedented 27,000 square foot athletic facility with a 25-yard indoor lap pool, a four-acre landscaped park, and abundant garage parking.

Come in today to see the new generation of Victorians.



THE FILLMORE CENTER

Rental Information Center • 1730 O'Farrell Street, Suite 124
Mon.-Fri. 9-7/Sat. 10-4/Sun. 11-4 • 921-1969

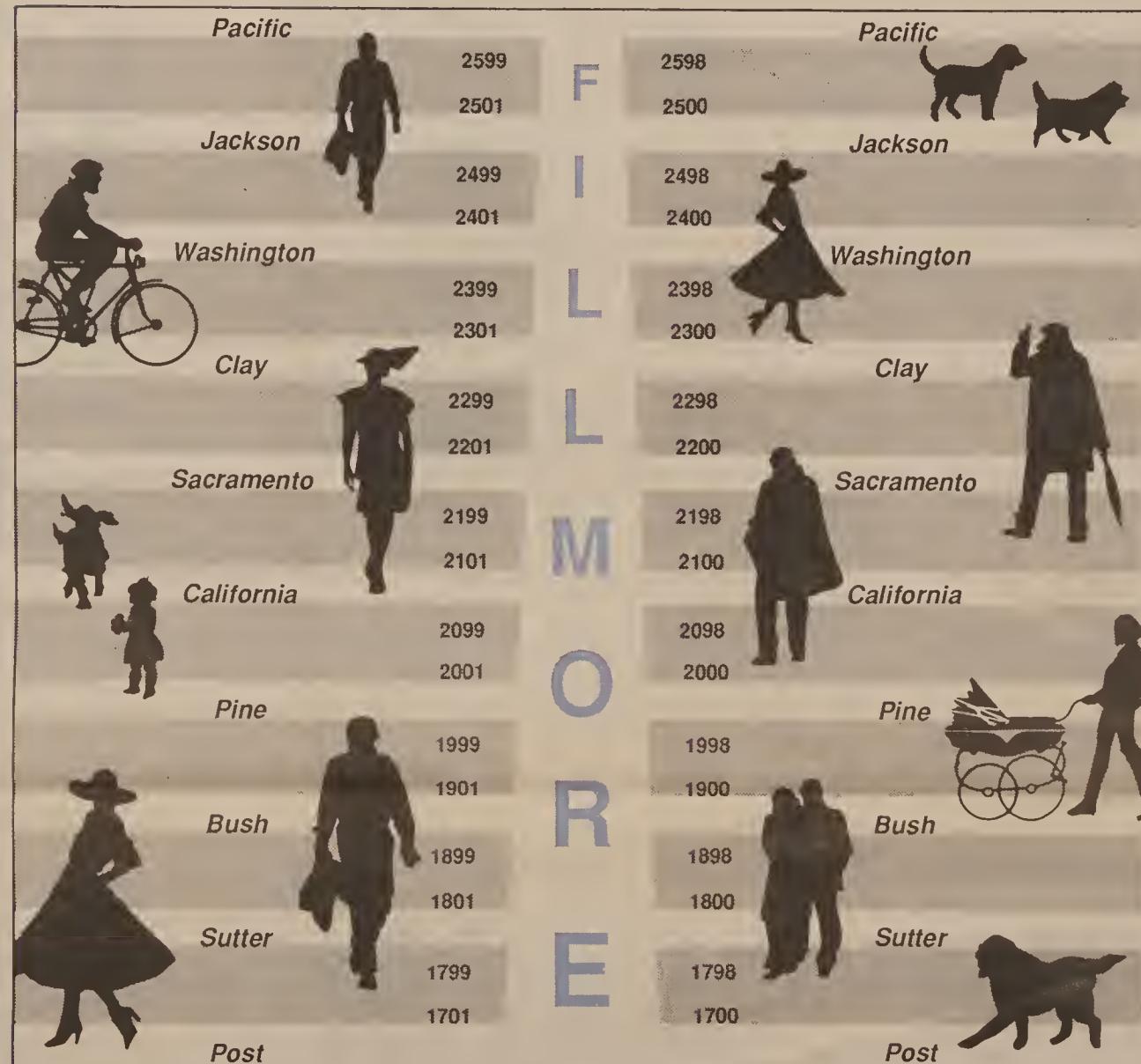


CORPORATE UNITS AVAILABLE • OPEN OCCUPANCY DEVELOPMENT • HANDICAPPED UNITS AVAILABLE

THE

NEW FILLMORE

DIRECTORY



PARTICIPATING FILLMORE MERCHANTS

ANTIQUES
Glen Smith Galleries
2021 Fillmore 931-3081
Narumi
1902-B Fillmore 346-8629

AUTOMOTIVE
Clinton Chevron
California at Steiner 567-1136

BAKERIES
Delanghe
1890 Fillmore 923-0711

BEAUTY & HAIR CARE
Beauty Store
2124 Fillmore 346-2511
Face Place
2117 Fillmore 567-0242

BOOKS
Browser Books
2239 Fillmore 567-8027

CATERING
Vivande Porta Via
2125 Fillmore 346-4430

CLEANERS/LAUNDRY
Wash Palace
2056 Fillmore 922-4093

COPYING
Carbon Alternative
2404 California 567-5888

DESSERTS
Rory's Twisted Scoop
2015 Fillmore 346-3692

EXERCISE
Cathedral Hill Plaza Athletic Club
1333 Gough 346-3868

FASHION

Invision

1907 Fillmore 563-9003

Mio Inc.

2035 Fillmore 931-5620

Tangerine

2505 Sacramento 928-4404

Toujours

2484 Sacramento 346-3988

FINANCIAL INSTITUTIONS

Bank of America

2310 Fillmore 622-4213

Wells Fargo Bank

2100 Fillmore 396-2753

Time Savings & Loan

2142 Fillmore 929-8500

GIFTS

Kay's Elegant Treats

1810 Fillmore 563-4276

Main Line Gifts

1928 Fillmore 563-GIFT

GALLERIES

Mesa Gallery

2178 Bush Street 921-3592

HEALTH CARE
Victorian Convalescent Hospital
2121 Pine 922-5085

HOME DECORATING AND FURNISHINGS:
Color Scheme
2047 Fillmore 346-0700

Filamento

2185 Fillmore 931-2224

Le Comfort Bath Shop

2105 Fillmore 922-2929

INSURANCE

Doug Lehr (State Farm)

2316 Fillmore 931-6111

LIQUOR

Bi-Rite Liquors:

2066 Fillmore 346-1400

MARKETS & SPECIALTY FOODS

Flying Salmon

2512 Sacramento 567-4444

Grand Central, Enrico's Meats,

Vigilizzio Deli

2435 California 563-4902

Weldon's Market & Deli

1981 Sutter 563-0190

HasBeans

2411 California 563-0226:

Pacific Heights Market & Dell

1971 Fillmore at Pine 921-9300

MEN'S CLOTHING:
Bucks
2033 Fillmore 673-0360

OFFICE SUPPLIES
Brown Bag
2000 Fillmore 922-0390

PETS

Pets Unlimited

2343 Fillmore 563-6700

REAL ESTATE

Keynote Properties

1801 Fillmore 563-5900

McCauley - Wilson

2190 Bush 346-6300

RESTAURANTS

Curbside Cafe

2417 California

DePaula's

2114 Fillmore 346-9888

Harry's

2020 Fillmore 921-1000

Jacks

1601 Fillmore 567-3227

Jackson Fillmore

2506 Fillmore 346-5288

La Mediterranea

2210 Fillmore 921-2956

RESTAURANTS (Cont'd)
La Fiammetta Ristorante
1701 Octavia 474-5077

Leon's Bar-B-Que

1911 Fillmore 922-2436

May Sun Restaurant

1740 Fillmore 567-7789

Mi-Burrito

1947 Fillmore 563-3509

Pacific Heights Bar & Grill

2001 Fillmore 567-3337

SPAS

Kabuki Hot Springs

1750 Geary

922-6002

THEATER

AMC Kabuki Theatre

1750 Geary 931-9800

THRIFT STORES

Goodwill

2042 Fillmore 931-1750

Next To New Shop

2226 Fillmore 567-1627

Repeat Performance

2223 Fillmore St. 563-3123

Seconds To Go

2252 Fillmore 563-7806

TRAVEL

Pacific Heights Travel

2211 Fillmore 931-8000